



**Heartstrings**  
Community Foundation



**2019 Team Heartstrings  
Run or Volunteer!**

Heartstrings Community Foundation (HCF®) invites you and your friends/family/co-workers to be a part of a dynamic fundraising team. As a “Team Heartstrings” member you will make a commitment to raise funds for HCF® and participate in Kansas City’s oldest race, the Hospital Hill Run. The run consists of three events, the 5k, 10k, and Half Marathon.

All the races take place on Saturday, June 1 @ 7:00 a.m.

You can join as an individual or as a team of five (5). Fundraising is a requirement of all runners joining “Team Heartstrings” and we will give you tools to help you reach your fundraising goals and tools to reach your running goals. *We want you to cross the finish line knowing you contributed to the lives of men and women with intellectual and developmental disabilities.*

**Heartstrings Fundraising Minimum Requirements**

(5k, 10k Half Marathon)

Individual: \$250

Team of Five (5): \$1,000

**Amenities for Team Heartstrings Members**

- Complimentary entry fee
- “Team Heartstrings” tech short sleeve shirt
- Personal Fundraising webpage
- Training tips
- Group packet pick up (no waiting in lines!)
- Gear check at VIP tent
- Coffee & bagels at VIP tent pre/post race
- Post race massage at the VIP tent

**\*\*Running not your thing? Volunteer with us!\*\***

We need volunteers on race day to provide runner support at our VIP tent and race support at the finish line.

VIP tent 6am – 11am

Finish line has 2 shifts: 6:30am – 9:30am

**Register Today!**

Register online at [www.heartstringscf.org](http://www.heartstringscf.org) or call us at 913.649.5700

Add a Heartstrings employee to your team!

HCF® employees are collecting donations and would love to be a part of your team!

Give us a call and we will get it set up!

