



in association with



FACT SHEET

The Heart Foundation of Jamaica, The Crystal Spring, Run for Your Heart 5k, 2k and Roun di track event in association with Running Events Jamaica will be held on Sunday, February 3, 2019 where an expected three thousand Jamaican “Heart Heroes” will take the streets of New Kingston, to raise funds for The Heart Foundation of Jamaica. This will assist us in continuing to provide screening at a subsidized rate and further our outreach with the mobile screening programme.

<p style="text-align: center;">Route</p>	<p>The 5K The Crystal Spring Run For Your Heart 5K will start on Oxford Road outside Emancipation Park, then proceed northerly along Oxford Road, left onto Old Hope Road, left onto Windsor Avenue, left onto Fairway Avenue, left onto Lady Musgrave Avenue, right onto Trafalgar Road, left onto Holborn Road to Chelsea Avenue, then left onto Half Way Tree Road to the finish line on Oxford Road.</p> <p>The 2K The Crystal Spring, Run for Your Heart 2k will start on Oxford Road outside Emancipation Park, then left onto Knutsford Boulevard, left onto Dominica Drive, left onto Chelsea Avenue, then left onto Half Way Tree Road to the finish line on Oxford Road.</p> <p>Roun di Track Walk or jog around the paved track inside the Emancipation Park as many times as you like.</p>
	<p>Registration will begin on Saturday, December 15, 2018 and will close on Saturday, January 26, 2019.</p> <p>Registration will be open to all individuals and teams (schools, corporate, sports clubs, and other groups).</p>



Registration

PLEASE NOTE THERE WILL BE NO REGISTRATION ON RACE DAY.

Entry Fee

\$1200- Teams with over 100 entrants will receive a complementary tent

\$1200- Teams with over 50 entrants

\$1500- Individuals and teams with under 50 entrants

Make cash payments to The Heart Foundation of Jamaica at 28 Beechwood Ave.

Register online at www.runningeventsja.com or www.heartfoundationja.org/payments

Registration

Entries are neither refundable or transferable, and name changes are not allowed.

All packages must be collected before race day on **Thursday, January 31st** and **Friday, February 1st** (11:00 am- 5:00 pm) and **Saturday, February 2nd** (9:00 am- 2:00 pm) at 28 Beechwood Ave.

Awards/ Prizes

500 Draw- *Ask for a donation form,* for every \$500 donated to the Foundation your name will be entered into a draw for the Run for Your Heart 5k Grand Prize.

- Overall Male & Female Run/Walk (1st, 2nd, 3rd)
- Youngest/Oldest Run/Walk Finishers
- Champion Run/Walk Team
- Largest Participating Team

An awards ceremony will be held at the Heart Foundation of Jamaica on February 26, 2019, during Heart Month, for schools, individuals, companies and groups;

- Largest Participating School/Company/Group
- Largest Donation Individual /Student /School/ Company/ Group



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	<ul style="list-style-type: none"> 500 Draw
Timing	The event will be chip timed with results available immediately after the race at www.runningeventsja.com .
Parking	Secured parking lots will be available to accommodate race participants close to the race venue. Visit www.heartfoundationja.org and www.runningeventsja.com for the parking map.
Contact	For more information on the Crystal Spring, Run for Your Heart 5k Call: HFJ (876) 926-4378, (876) 929-3195, (876)926-6492 or (876) 619-7007-8 or Running Events Jamaica (876) 967-4903 Visit: 28 Beechwood Ave Email: 5krace@heartfoundationja.org

