



## SECC HEART WALK REGISTRATION PACKET

WEDNESDAY, APRIL 2, 2014 **NATIONAL WALKING DAY**, ALL UTSA CAMPUSES (11AM TO 2PM)

### WHAT IS THE HEART WALK?

- ✓ A collaborated event hosted by the UTSA Wellness Committee and State Employee Charitable Campaign (SECC) Committee in which faculty, staff, and students participate in a healthy walking activity on **National Walking Day**
- ✓ **National Walking Day** is about fighting heart disease and stroke, but it's also about having fun and creating camaraderie, according to the American Heart Association

### WHAT ARE THE GOALS OF THE HEART WALK?

- ✓ Includes the entire campus community in a fitness awareness event
- ✓ Raise a minimum of \$10 in pledges per registered participant and all the proceeds will be donated to the American Heart Association
- ✓ Pledge goal of \$1,600 set for this event

### WHAT DO THE FACULTY, STAFF, AND STUDENTS DO FOR THE HEART WALK?

- ✓ Submit the registration packet no later than Wednesday, April 2, 2014
- ✓ Join us on Wednesday, April 2 and walk/run the designated path

### WHAT ABOUT PLEDGES?

- ✓ Sponsors will pledge a set dollar amount for American Heart Association
- ✓ If you prefer not to solicit pledges for this fundraiser, please consider making a minimum donation of \$10. This fundraiser event does not count towards the UTSA participation percentage. Employees are encourage to make individual pledges during the State Employee Charitable Campaign (SECC) commencing on October 1 until October 31.
- ✓ Donations due no later than Wednesday, April 2, 2014

### WHAT HAPPENS AFTER THE EVENT?

- ✓ Keepsake gift will be awarded (*limited quantity*)
- ✓ All proceeds donated to the American Heart Association



[wellness.utsa.edu](http://wellness.utsa.edu)





**HEART WALK  
REGISTRATION/PLEDGE FORM**

Name of Participant			
Email		UTEID	
College/Department		Office Number	
Emergency Contact (Name & Number)		Office Location	
Select one:			
Faculty	Staff	Student	

**UTSA RELEASE AND INDEMNIFICATION AGREEMENT:**

Participation in the Heart Walk is potentially hazardous. By participating in this event the individual has full knowledge and assumes all risks associated with this event or event activities including but not limited to slips, trips, falls, contact with other participants, effects of the weather, traffic, road and course conditions, high heat, humidity, illness, personal injury, bodily injury, and death. Running or walking can be potentially hazardous activities and therefore should not be entered unless medically able and physically trained. Participants shall abide by any decision of an official relative to the participants ability to safely complete the event. The University of Texas at San Antonio, and all event sponsors, agents, volunteers, police, board members, employees, assignees, or anyone acting for or on their behalf are not responsible for any claims of liability arising from participating in this event including negligence or carelessness of others. Photographers will be taking pictures and recording participants in this event to be used for legitimate purposes including promoting the event online or in print materials. This event is rain or shine and the entry fee and donations are non-refundable.

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Signature of Participant

Date of Signature

Liz (Elizabeth) Ortiz

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SECC PAC Member Witness

Signature

Date of Signature

*All funds collected will be donated through the United Way of San Antonio and Bexar County to the **American Heart Association**. This fundraiser event does not count towards the UTSA participation percentage. Employees are encouraged to make individual pledges during the State Employee Charitable Campaign (SECC) commencing on October 1, 2014 until October 31, 2014.*

Registration/Pledge Forms are due no later than Wednesday, April 2, 2014 to Liz (Elizabeth) Ortiz, Payroll Office. You may scan the completed form to [Elizabeth.Ortiz@utsa.edu](mailto:Elizabeth.Ortiz@utsa.edu) or fax it to 4236. Once your paperwork is received, you will receive a confirmation email and instructions on how to submit your donations.



