**IMS 4k for Heart**

* When: Tuesday, June 2rd, 4:30PM registration 5:15 start
* Where: IMS Track to kick off IMS Knight Showcase
* What: 4k Family Fun Run or Walk for the American Heart Association
* How: Pre-Register. Registration includes a t-shirt and bib number for a $10 donation to AHA
* Why: to promote life-long fitness for our students and community

Our Inglewood Knight Showcase is an event that brings together our IMS community, celebrates the spirit and culture of Inglewood, and showcases many of the amazing aspects of our school. We will be kicking off the evening with a 4k Family Fun Run or Walk to benefit the American Heart Association.

Register your entire family for this fun event and show everyone how big our hearts are at Inglewood!

There will be a start time for runners followed by walkers!

Thank you for your support of this fun and rewarding, yet challenging event! --- The IMS Wellness Dept.

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4k Registration - **$10 Donation** to the ***American Heart Association***

**NAME:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **circle size** **YL S M L XL**

**Additional Family: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**List Additional Sizes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Payment Method** Amount \_\_\_\_\_\_\_\_\_ **check one** \_\_\_\_\_\_\_\_\_\_Check Attached \_\_\_\_\_\_\_\_\_\_Paid Online

Your registration fee is a donation to the American Heart Association and includes a Run T-Shirt to

**Honor** Officer Stan Chapin; **Create Awareness** in our community about the number one killer of Americans; and to **Fundraise** for life saving research and programs.

**Please return this registration to the office by June 1st.**

**Registration will be available the night of the event, but please pre-register to guarantee a t-shirt.**

**CHECKS – made payable to the American Heart Association.**

**You may also pay online at** <http://redout2015wsa.kintera.org/IMS>

**Click on “Our School Page” Select “Give Now” and enter your fee in the “Other Amount” field**

**Please enter your family’s name and proceed with payment and return this form**

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