

ROWDY WELLNESS SECC HEART WALK

THURSDAY, APRIL 9, 2015, ALL UTSA CAMPUSES (11AM TO 1PM)

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 in observance of 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 \$2,000 set for this event

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

- ✓ Submit the registration packet no later than Monday, April 6, 2015
- ✓ Join us on Thursday, April 9 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 SECC 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 Thursday, April 9, 2015

WHAT HAPPENS AFTER THE EVENT?

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



Keep this page.



HEART WALK REGISTRATION/PLEDGE FORM

Name of Participant		Contact Number	
Email		EMPLID	
College/Department		Banner Number	
Emergency Contact (Name & Number)		Campus Location (Main, DT, ITC)	
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 enter 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.

Signature of Participant

Date of Signature

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 SECC participation percentage. Employees are encouraged to make individual pledges during the State Employee Charitable Campaign (SECC) commencing on October 1 until October 31.*

Registration/Pledge Forms are due no later than Monday, April 6, 2015 to Liz (Elizabeth) Ortiz, Payroll Office. You may scan the completed form to Elizabeth.Ortiz@utsa.edu or fax it to x4236. Once your paperwork is received, you will receive a confirmation email and instructions on how to submit your donations.



HEART WALK PLEDGE FORM

Name of Participant	EMPLID & Banner Number

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If additional space is needed, please attach another sheet.