

Winter/Spring 2016

Apple Valley Parks & Rec Heart Games



**Apple Valley
Conference Center**
14999 Dale Evans Parkway
Apple Valley, CA 92307

Ages 5 & up

Saturday, Feb. 27, 2016
8:30 am - 12:00pm

Cost
\$10/per person

Event Info

Teams of 3-5 will compete in 10 different checkpoints in a race to the finish line! Prizes for winning teams and a finishing medal for all participants. Space limited, sign up today!

For more info:
AVrecreation.org
760-240-7880



Town of Apple Valley
Parks & Recreation Dept.
14955 Dale Evans Parkway
Apple Valley, CA 92307
(760) 240-7880

Sign up for the challenge today!



January 19, 2016

Greetings,

I would like to personally invite you to a day of fun and fitness! The Town of Apple Valley will be hosting the 5th Annual Heart Games on February 27, 2016! The day is dedicated to fun and fitness for the entire family.

The Heart Games is a team event, giving your family or group of friends an opportunity to play together in a friendly competition to solve puzzles, complete challenges and participate in physical activity! Last year we had over 20 different teams participate in this fun event!

Checkpoints will require smart problem solving, low impact exercise and technique. Teams are encouraged to dress up; 50 bonus points will be given to each team dressing up in spirit clothes. This year the committee will also give away a prize to the best dressed team! Points are accumulated along the way and winning doesn't mean being the first team back to the finish line!

Each team will consist of 3-5 players, start planning your teams now! All checkpoints are kid and senior friendly! Registration is only \$10 per player. Our event will be held on Saturday, February 27, 2016. Teams may begin checking in at 8:30 a.m. with the event being held from 9:00 am- 12 noon.

Attached you will find an emergency form for each member participating on your team. Please complete and return to the Recreation Department no later than February 11, 2016.

Celebrate February as National Heart Health month and do something good for your heart!

Please take a minute to ask friends, family members and coworkers to do something good for themselves and join your team! If you have any questions please feel free to contact me by phone or email; lquinonez@applevalley.org

Best Regards,

Lena Quinonez
Recreation Supervisor & Healthy Cities Coordinator
Town of Apple Valley
760-240-7880



Town of Apple Valley Recreation Department

Town of Apple Valley

The Heart Games Participant Agreement Form

TEAM CAPTAIN FORM

Participant's Name: _____ **Phone:** _____

Address: _____

Email Address: _____

Team Name: _____

Number of players on your team: _____

Is this your first year participating in The Heart Games : **Yes** **No**

Program/Event: The Heart Games 2016

I agree to hold the Town of Apple Valley and its agents, officials and employees harmless from any damage to persons or property resulting from my negligence and /or intentional acts.

I am of lawful age and legally competent to sign this Agreement for and in behalf of the participant. I understand the terms and have signed the document of my own free act.

I assume all responsibility of mental and physical fitness to participate in The Heart Games event and agree to abide by all rules and requirements of the program. I also grant permission to the Town of Apple Valley and their agents to use any photographs, motion pictures, video or other record of this program for any purpose.

In consideration of acceptance into the above referenced Town program, I do hereby, for myself, my children, my heirs, executors and assigns, release the Town of Apple Valley and the officials, officers, agents and employees of the Town from liability for any harm, injury, or damage which I, or my minor children, may suffer while participating in the above described program. This includes all risks that are connected with this activity whether foreseen or unforeseen.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS RELEASE BY READING IT BEFORE I SIGNED IT. I REALIZE THAT BY SIGNING THIS DOCUMENT I AM GIVING UP LEGAL RIGHTS WHICH I MAY BE ENTITLED TO.

PARENT/LEGAL GUARDIAN SIGNATURE _____
(IF UNDER THE AGE OF 18)

PARTICIPANT SIGNATURE _____ **DATE:** _____

Thank you for your participation!



Town of Apple Valley

Town of Apple Valley Recreation Department

The Heart Games Participant Agreement Form

Player 2

Participant's Name: _____ **Phone:** _____

Address: _____

Email Address: _____

Team Name: _____

Program/Event: The Heart Games 2016

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PARTICIPANT SIGNATURE _____ **DATE:** _____

Thank you for your participation!



Town of Apple Valley Recreation Department

Town of Apple Valley

The Heart Games Participant Agreement Form

Player 3

Participant's Name: _____ **Phone:** _____

Address: _____

Email Address: _____

Team Name: _____

Program/Event: The Heart Games 2016

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Town of Apple Valley Recreation Department

Town of Apple Valley

The Heart Games Participant Agreement Form

Player 4

Participant's Name: _____ **Phone:** _____

Address: _____

Email Address: _____

Team Name: _____

Program/Event: The Heart Games 2016

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(IF UNDER THE AGE OF 18)

PARTICIPANT SIGNATURE _____ **DATE:** _____

Thank you for your participation!



Town of Apple Valley Recreation Department

Town of Apple Valley

The Heart Games Participant Agreement Form

Player 5

Participant's Name: _____ **Phone:** _____

Address: _____

Email Address: _____

Team Name: _____

Program/Event: The Heart Games 2016

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