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‘Love Your Heart,’ your Valentine with Deltona’s 4th Annual 5K on Feb. 13

Jan. 25, 2015— When it comes to matters of the heart—heart health that is, the City of Deltona wants you to focus on yours and the disease which is killing more Americans than any other—heart disease. On Feb. 13, the City of Deltona has teamed up with Florida Hospital Fish Memorial to bring the “Love Your Heart 5K,” benefiting the American Heart Association. This is the fourth year for the race and the fourth year a contribution will be made to the AHA on behalf of participants.

The race begins at 7:30 a.m. at Deltona Middle School, 250 Enterprise Road, and follows the “River-2-Sea Trail,” looping at Thornby Park and returning back to the school. This will be a competitive 5K Race, chip-timed with age bracket awards and walkers are also welcomed. It will be a family event with a fun run for children, a bounce house, and face painters.

Pre-race packets are available from 3-6 p.m., Feb. 12, at Deltona City Hall, 2345 Providence Blvd., and from 6:30 a.m. the day of the race at the race site. Register on-line by visiting FinalMileRaceManagement.com.

Florida Hospital Fish Memorial is completely funding this event—meaning all registration money goes directly to support the American Heart Association. We have been able to give over \$15,000 to the American Heart Association in the past three years and hope to reach our goal of \$20,000 after the 2016 race on Feb. 13. So get your running shoes on and join us for a great event for a great cause.