

WARREN RIVES

HEART<sup>TO</sup> HEART



2025

**Warren Rives Heart to Heart 5k**  
*to benefit Heart Strides*

**November 15, 2025**



**High Point Regional Health Foundation invites you to take part in a long-standing and highly recognized philanthropic event in your community.**

This year, we proudly celebrate the 2nd year of the relaunch of the Warren Rives Heart to Heart 5K, continuing this longstanding community tradition and benefiting the Heart Strides Cardiac and Pulmonary Rehabilitation program at Atrium Health Wake Forest Baptist High Point Medical Center. Heart Strides is a medically directed cardiac and pulmonary rehabilitation program providing heart health instruction, supervised fitness and nutritional support. This important program offers the support needed for patients to return to their routines and everyday life!

We ask that, as a member of the High Point community, you consider joining us in this event with a sponsorship at one of the designated levels detailed in the following pages. Not only will you be promoting your business at an event that has historically attracted more than 300 runners annually, you are supporting individuals suffering from heart and lung disease in and around your own community.

Proceeds from this event benefit the Heart Strides Scholarship fund, enabling patients to access the vital care needed to return to daily living activities. Your contribution will make a significant difference in providing essential support to those in our community who face financial barriers to care.

Thank you for considering this opportunity to make a meaningful impact, we hope you will join us for this High Point tradition!

Sincerely,

**Shelby Lloyd**

*Community Development Officer*

High Point Regional Health Foundation

336-878-6293

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**Warren Rives Heart to Heart 5k Committee**

Demetrius Beauford

Andy Bullins

Ashlea Bullins

Gary Corns

Perren Howard

Christopher Ilderton

Melinda King

Casey Knight

Morgan Malikowski

Karen Meyers

Derrick Reid

Sharon Rivers

Steve Rohrbeck, MD

Matt Truitt

Brennan Vanderberry

Melissa Weavil



# OVERVIEW



## ABOUT

The Warren Rives Heart to Heart 5K has been a cherished tradition in High Point for over 20 years and was proudly relaunched in 2024, continuing its legacy of promoting heart health and community wellness. Historically the race has attracted over 300 runners and walkers from across the state. Since inception, the event has raised over half a million dollars. The event is open to runners, walkers, children and includes all running levels.

## Event History

The Warren Rives Heart to Heart 5K is named in memory of Warren J. Rives, Jr., a generous community leader who, at the time of his passing, was the youngest member to serve on the High Point Regional Board of Trustees. We are grateful to Mr. Rives and his family for their integral community involvement, leadership and support.

## RACE DAY

**Saturday**  
**NOV 15, 2025**



Scan here  
to register

## Truist Point (Home of the High Point Rockers)

301 N Elm St | High Point, NC 27262  
*\*Parking available at 214 Lindsay St*

- ♥ 8:00 a.m. – Registration
- ♥ 9:00 a.m. – Kids Dash (Medals awarded at the finish line)
- ♥ 9:30 am – 5K Start
- ♥ Awards presentation and prizes to follow

## Entry Fees

### 5K:

\$30 before September 13  
\$35 before October 13  
\$40 after October 13

*Must register by October 13 to be guaranteed a t-shirt*

### Kids Dash

**(ages 10 & under):**

Free (option to buy t-shirt)

*Must register by October 13 to be guaranteed a t-shirt*

## HEART STRIDES

The Heart Strides Cardiac and Pulmonary Rehabilitation Program at High Point Medical Center is designed for people who are suffering from heart and lung disease. Participants work toward a healthy recovery supervised by a team of skilled professionals. Through exercise, nutrition, counseling, education, and behavior modification, cardiac and pulmonary patients in our community are making great strides toward independent and healthy lifestyles.



# SPONSORSHIP LEVELS

## PRESENTING LEVEL – \$10,000

- ♥ Customized banner
- ♥ Name/logo on T-shirts
- ♥ Recognition on printed materials
- ♥ Recognition in race packets
- ♥ Information table
- ♥ Up to twelve runners/walkers
- ♥ Company logo on High Point Regional Health Foundation website and social media accounts as Presenting Sponsor

## GOLD LEVEL – \$5,000

- ♥ Name/logo on T-shirts
- ♥ Signage in festivities area
- ♥ Start/Finish line banner
- ♥ Recognition on printed materials
- ♥ Recognition in race packets
- ♥ Up to ten runners/walkers

## SILVER – \$3,000

- ♥ Name/logo on T-shirts
- ♥ Signage in festivities area
- ♥ Recognition on printed materials
- ♥ Recognition in race packets
- ♥ Up to eight runners/walkers

## BRONZE LEVEL – \$1,500

- ♥ Name/logo on T-shirts
- ♥ Signage in festivities area
- ♥ Recognition on printed materials
- ♥ Recognition in race packets
- ♥ Up to six runners/walkers

## PACERS – \$500

- ♥ Recognition on printed materials
- ♥ Recognition in race packets
- ♥ Up to four runners/walkers

## IN-KIND DONORS

- ♥ Recognition on select signage
- ♥ Recognition on select printed materials

## Donated Items

*In addition to monetary sponsorships, donated items for prizes and runner support are greatly appreciated. We are seeking, but not limited to, the following items:*

- ♥ Running apparel
- ♥ Coupons or discounts
- ♥ Get-aways
- ♥ Tickets
- ♥ Food items
- ♥ Gift certificates

**Deadline for recognition on the official Warren Rives Heart to Heart to Heart 5K T-Shirt is October 13.**