

WARREN RIVES

**HEART** TO **HEART**  
**5k**



2026



**Atrium Health**  
Wake Forest Baptist



**HIGH POINT**  
**REGIONAL**  
HEALTH FOUNDATION

Warren Rives Heart to Heart 5k  
to benefit Heart Strides

November 14, 2026



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 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 medical care.

Thank you for considering this opportunity to make a meaningful impact. We hope you will join us for this impactful High Point tradition!

Sincerely,

**Shelby Lloyd**

Community Development Officer  
High Point Regional Health Foundation  
336-878-6293  
Shelby.Lloyd@AdvocateHealth.org



# 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, and children of all fitness 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 14, 2026



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 12  
\$35 before October 10  
\$40 after October 10  
*Must register by October 10 to be guaranteed a t-shirt*

**Kids Dash (ages 10 & under):**  
Free (option to buy t-shirt)

*Must register by October 10 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 in event area
- ♥ 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
- ♥ Information table in event area

## **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
- ♥ Information table in event area

## **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
- ♥ Information table in event area

## **PACERS – \$500**

- ♥ Recognition on printed materials
- ♥ Recognition in race packets
- ♥ Up to four runners/walkers
- ♥ Information table in event area

## **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
- ♥ Tickets
- ♥ Food items
- ♥ Gift certificates

**Deadline for recognition on the official Warren Rives Heart to Heart to Heart 5K T-Shirt is October 10.**

