

Just Walk For the Health of It

Just Walk IN 2010

August 1-September 25

Just Walk for the Health of It

October 17, 2010—1:00 pm Registration-2:00 pm Walk

Prizes awarded for both events following Walk

Tippecanoe County Fairgrounds

Just Walk IN 2010 ~ August 1-September 25

- Walk as many steps as you can each day to complete the challenge to walk the number of steps required to walk from South Bend to Evansville in 61 days
- You will receive an email reminder on Friday, prior to weekly report with trivia about each town/city charted for the walk route
- Report your weekly steps to the indicated report site
- Qualify for a chance to win a nice prize(s) (last year \$115.00 gift certificate for walking shoes from Smith Shoes) based on reported steps of who reaches Evansville first. (Prize will be awarded October 17th at the “Just Walk for the Health of It” at the Tippecanoe County Fairgrounds-do not have to be present to win). Working on possibility of prizes for top 2 places
- Complete all eight weeks of reporting your steps and return your Report Sheet and be entered into a drawing for another nice prize(s). Prize will be awarded October 17th at the “Just Walk for the Health of It” at the Tippecanoe County Fairgrounds-must be present to win.

Just Walk for the Health of It ~ October 17

- Two mile or 1/2 mile walk for all ages of individuals, families and children
- Come meet and walk with Laura Glitz, Purdue Tennis Coach and Purdue Tennis Team members
- Come meet and walk with well known mascots from around the area. Kids will enjoy the mascots being invited to participate
- Bring the kids to enjoy pre-walk activities at the “FUN FAIR”
- Be eligible to win many prizes available the day of the walk.
- “Just Walk” with us to show the community you care about a Healthy Lifestyle.



Purdue Extension

Knowledge to Go

Tippecanoe County

Registration

Just Walk IN 2010/Just Walk for the Health of It

Check the event you are registering for or check both if you want to participate in both.

Just Walk IN 2010 (August 1-Sept. 25) Just Walk for the Health of It (October 17)

Last Name _____ First Name _____ Age _____ Sex: M F

Address _____ City _____ ST _____ Zip _____ Phone # _____

Email _____

Group Affiliation (if walking as a group) _____

2 mile walk 1/2 mile walk

Emergency Contact _____ Phone # _____

Upon acceptance of my entry, I do hereby for myself, my heirs, executors, administrators and assignees, waive and release all claims and damages, which I may have or which may hereafter accrue to me against the Just Walk Committee, its sponsors, representative, or assignees for any and all damages which may be sustained and suffered by me in connection with my association with or participation in Just Walk events. I attest that I am physically fit and have full knowledge of the risks involved in this event.

Signature _____ Date _____

Must be signed by walk entrant. If entrant is under 18 years old, a parent or legal guardian must sign entry.