

Walkers & Wheelchairs Welcome!

Walk-n-Roll 2010

Funwalk & Walkathon for Adults Age 50+



Join us to raise money for health and fitness programs for adults age 50+. Participants are encouraged to collect pledges from friends and family. Receive a pair of quality walking socks with your donation of \$5 or more. Event includes snacks, games, music and prizes.

9:30

Registration

10:00

Funwalk for ½, 1, 1-½, 2 **or** 2-½ miles

Seward Park

9:30 am - noon

Wednesday, September 15

Receive a registration form by calling Mari Becker (206) 684-4664, or register at the event between 9:30 - 10:00 a.m.

Limited transportation available (206-684-4664), or take the #39 bus.



Walk-N-Roll 2010 Registration Form

Wednesday, Sep 15, 9:30 a.m. Registration; 10 a.m. Walk
~Seward Park~

Funwalk, Music, Snacks, Prizes!

Name: _____

Address: _____

Phone: _____

Email: _____

Age: _____ M / F

Transportation needed? Yes / No Pick-up: _____

Enclosed is \$_____ in pledges (no entrance fee required)

OR

Enclosed is \$_____ entrance fee (\$1-\$20 suggested)

Receive a pair of quality walking socks with your donation of \$5 or more!

I plan to complete: 0.5 m 1m 1.5m 2m 2.5m

I am voluntarily participating in the Walk-N-Roll. I release Sound Steps, Southeast Seattle Senior Center, all sponsoring and associated organizations and persons, and the City of Seattle Parks and Recreation from any and all injuries that I might incur as a result of my participation in this event. I authorize photos from this event to be used in publications.



*Return by Wed Sep 8 with pledge sheet and money to Mari Becker.
8061 Densmore Ave N. Seattle, WA 98103. (206) 684-4664.*

Walk-N-Roll 2010 Pledge Sheet

Sponsor Name	Address	Zip	Phone	Donation	Check	Cash
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

Total Collected:

All proceeds support activities for adults age 50+ at Southeast Seattle Senior Center and the Sound Steps Walking Program. Every penny supports healthy and independent aging!

Make checks payable to Southeast Seattle Senior Center (SESSC).

If you need extra pledge sheets you may photocopy this one or call (206) 684-4664.