



# Health Walk 2009

Health Walk 2009, is a short fun walk with instructional stations throughout the one-mile course. Our focus is on introducing walking as an inexpensive and fun way to stay healthy. The walk is hosted by Memorial Hospital Los Banos and organized by local high school students, a suggested donation of \$10 will raise funds to benefit the Los Banos High School Cross Country Team.

This event is held in conjunction with the Memorial Hospital Los Banos Woman's Health Fair.

**EVENT TIMES:** Start anytime between 10:00 a.m. and 12:00 p.m.

**LOCATION:** O'Banion Building, Los Banos Fairgrounds, 403 F Street, Los Banos

**REGISTRATION:** On-site. 10:00 a.m. to 2:00 p.m.

**SUGGESTED DONATION:** \$10, Please make checks payable to: LBHS Cross Country Team. All proceeds benefit the LBHS Cross Country Team

## REGISTRATION

Health Walk 2009 donation: \$10. Make checks payable to LBHS Cross Country. For questions, e-mail [hambleyd@sutterhealth.org](mailto:hambleyd@sutterhealth.org) or call (209) 826-0591, ext. 293.

Gender M \_\_\_\_\_ F \_\_\_\_\_

Last Name \_\_\_\_\_ First \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail \_\_\_\_\_

**RELEASE** In consideration of my acceptance as a participant in this event, I, for myself and anyone entitled to act on my behalf, waive and release all event organizers and volunteers, Memorial Hospital Los Banos, Los Banos Unified School District, the City of Los Banos and all its municipalities and sponsors from rights and claims for damages that I understand are associated with this event, which are included but not limited to; falls and scrapes, contact with other runners/walkers, effects of the weather including

high temperature. I should not enter and run/walk unless I am medically able to do so. I agree to abide by all of the rules and regulations of this event as well as any decisions made by race officials regarding my participation. I grant permission for the organizers to use any photographs, quotes or videos of me for legitimate promotions of this event. I understand that all participants must line up at the starting area according to average pace times and that strollers must start in the rear and stay to the right.

X \_\_\_\_\_  
ALL ENTRANTS MUST SIGN WAIVER (Parent or Guardian if under 18 years of age) DATE \_\_\_\_\_