

PARADISE COMMUNITY . . .



FORM A TEAM!

Strides for Diabetes 5K Run 3K/5K Walk
Sunday, October 14th - Paradise Community Park

Participate as a Corporate Team *OR* a Family Team

Join us in promoting healthy lifestyle choices within the Paradise Community while having fun! Get together **3 or more people** and form a TEAM. All Team members receive a 20% discount off regular registration fees! Compete with other teams for prizes and recognition.

Prizes for top teams!

- Fastest team
- Most participants
- Best team spirit

This event includes activities for the whole family that show how simple life style changes can improve your health. Participate in our live fitness demonstrations, groove to music spun by our own Anthony Villasana and visit our experts to learn fun ways to eat well and get exercising.

Activities Include Youth Fun Zone ◊ Free vision & foot screenings ◊ Exercise & fitness demos ◊ Flu shots ◊ Weight loss strategies ◊ Cooking demos ◊ Giveaways & healthy food samples ◊ Raffle drawings

To Register a TEAM of 3 or more people:

Designate a team captain and sign up as a group using application on next page –OR– contact the Diabetes Education Department at 876-7297 (careyc1@ah.org)

✧ All proceeds benefit our Diabetes Education and Scholarship Fund ✧

STRIDES FOR DIABETES PREVENTION FAIR - 5K Run 3K/5K Walk Sunday, October 14, 2012 – Paradise Community Park

TEAM REGISTRATION

As a team member you receive a 20% discount off regular registration fees. Registration discount applied to rates listed on form below. Registration free for children 12 and under with option to purchase a t-shirt (\$10). Pre-registration required.

Unit/Dept. _____ Team Name: (optional): _____

Team Contact: _____ Ph./Email: _____

Please make all checks payable to:

Feather River Health Foundation
Mail to - Diabetes Education Program
6009 Pentz Rd., Ste. D; Paradise, CA 95969

Payment method (check or cash only):

Individual Group

Name _____

I want to **RUN (\$20)*** I want to **Walk (\$10/\$15*)**

Small Med Large XL XXL *T-shirt incl.

Name _____

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Registration Deadline: October 8, 2012.

For registration information contact the Diabetes Education Department at 876-8297 or careyc1@ah.org

Waiver: in consideration of you accepting my entry, I intend to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims that I may have against the persons and organizations associated with the Strides for Diabetes: Feather River Hospital, Town of Paradise, County of Butte and other contributing organizations.; and assign for any and all injuries suffered by me while traveling to or from or while participating in Strides for Diabetes on Oct 14, 2012. I further attest that I am physically fit and have sufficiently trained for participation in this event. Please sign below.

print name: _____

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