



Join Jennifer Hewlett, founder of Fresh Air Fitness for the exciting.....

summer WALKFIT™ program

This one hour program will focus on technique, balance, posture, pace and stamina. Using specially designed Urban poles you'll get moving outdoors and have a *fresh air* experience! This program is geared to those who want to keep moving and stay well. If you are new to walking or are looking for a creative way to keep in shape - this program is for you! Retired runners or those who are nursing injuries will find this an excellent way to stay in shape. Great opportunity to get ready for the 2010 Coho Run!

Dates... Tuesday May 25th until Tuesday Sept 7th , 2010

Time ... 6:30pm

Note... This clinic will fill up quickly - sign up now!

| | | |
|--|-----------------|-----------------|
| Bring your own poles | 16 week program | \$120.00 |
| | GST | \$6.00 |
| | TOTAL | \$126.00 |
| Special offer to purchase Urban poles as part of your registration | 16 week program | \$200.00 |
| | GST | \$10.00 |
| | TOTAL | \$210.00 |

Payment: Visa MC Amex Card Number _____ Exp _____

Last Name _____ First Name _____

Address _____ City _____

Telephone _____ Email _____

Athlete Release & Waiver (must be signed)

In consideration of your acceptance of this entry, I hereby for myself, executors, administrators, and personal representatives release the organizers of these events, their agents, volunteers and the event's sponsors from all liability, and I waive, as against the organizers, agents, volunteers and sponsors , all claims whatsoever that I might have for personal injury, death, property losses, or property damage suffered by participating in these events.

Signature (Parent/Legal Guardian if athlete is Under 19 years of age)

Date (mm/dd/yyyy)