



Lodi Memorial Hospital Foundation

WALK FOR THE HEALTH OF IT 2015 REGISTRATION

Application instructions: Complete a separate application for each participant (photocopy this one if needed). Type or print clearly. Complete all information. Sign waiver. Return completed applications with fees to Lodi Memorial Hospital Foundation, 845 S. Fairmont Ave., Ste. 3, Lodi, CA 95240. Attention: Carolyn.

Last name _____ First name _____

Address _____ Phone _____

City _____ State _____ ZIP _____

Please indicate T-shirt size: Adult **DS D M DL DXL DXXL DXXXL** Youth: **DS D M**

Waiver: I hereby release and discharge in advance Lodi Memorial Hospital, Lodi Memorial Hospital Foundation, the City of Lodi, all agencies whose property and personnel are used, all sponsoring or co-sponsoring entities or individuals, from responsibility for any injuries or damage I may suffer as a result of my participation in the "Walk for the Health of It." I hereby certify that I am able to safely participate in this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc., and I also understand that the entry fee is non-refundable. As a participant, I certify that all information provided in this form is true and complete. I have read the entry information and certify my compliance by my signature. All applicants must sign waiver (Parent/Guardian if under 18) Date _____

Business/School Team _____ Lodi Health employee/department _____
_____ (if applicable) _____ (if applicable)

LODI MEMORIAL HOSPITAL FOUNDATION



MAY 16, 2015

www.lmhfoundation.org

PRE-REGISTRATION

Cost is \$20 for individuals (one t-shirt), \$50 for families (three t-shirts).

Please make checks payable to:
Lodi Memorial Hospital Foundation

Mail checks and registration forms to:
845 S. Fairmont Ave., Ste. 3, Lodi, CA 95240

CONTRIBUTION

I am unable to participate, but I would like to make a tax-deductible donation to Lodi Memorial Hospital Foundation in the amount of: \$ _____

Registration \$ _____

TOTAL \$ _____



MAY 16, 2015

**Meet us at:
Lodi Memorial Hospital
975 S. Fairmont Ave., Lodi**



Sponsors

**Adventist Health
Dr. Carolyn M. Fowle
Sheila Wishek**

**Steve and Bo Diede · E. & J.
Gallo Winery · Dennis Morita**

**Joe & Sherry Cotta · HERLIFE
Magazine · Lincoln Financial Advisors,
Peter Morris · San Joaquin Magazine
Vino Farms, LLC · Bank of Agriculture
and Commerce · Delta Radiology
Pacific Coast Producers · Valley
Outdoor Advertising · Wells Fargo
Advisors, LLC, Mike Riherd · Hampton
Inn & Suites Lodi · Ben Schaffer
Cancer Center · Kiwanis Club of
Greater Lodi · Carol Reiss · San
Joaquin Sulphur · Dr. and Mrs. Stan
Demski · Harlin and Nancy Watts
Waste Management**

5K fitness Walk

The 5K walk is a self-timed event open to men, women and children of all ages. These participants may be accompanied by their leashed and well-behaved pooch (outfits optional).

5K Poker Walk Not a race, a game of chance, open to everyone, including rollerbladers. Collect your hand at various stations along the SK route. Awards will be given to first, second and third place hands.



5K Run

The 5K run is a self-timed event open to men, women and children of all ages.

1 Mile Kids' Fun Run

Students are invited to participate in this fun run.



1 Mile Walk & Roll

This non-competitive, fun walk is open to all individuals, families, groups and walkers, including those on rollerblades and those pushing strollers or wheelchairs.

Courses

All courses begin in the Lodi Memorial Hospital parking lot, 975 S. Fairmont Ave., at York Street. Walkers and rollers will follow a designated course through the picturesque streets of Lodi.

Pre-walk Warm Up

Jazzercise will lead a free pre-walk warm up at 8:45 a.m.



Entertainment & Fun

Lively music will entertain participants while they shop the mini Farmer's Market and enjoy the complimentary Health Faire. There will be free snacks and relaxing massages. After the walk, poker hands will be read, and prizes will be awarded to the top three hands. There will also be an award for the Best Dressed Pooch!

T-shirts

The first 1,500 registered participants will receive a 25th Anniversary Walk for the Health of It T-shirt. In addition, each finisher will receive a special commemorative participation gift.



To Pre-register

T-shirts and registration forms are available at the following locations through May 9:

- **Jazzercise**
1110 W. Kettleman Ln., Ste. 17
- **Lodi Memorial Hospital Foundation Office**
845 S. Fairmont Ave., Ste. 3
(Corner of Vine Street)
- **Lodi Memorial Hospital Gift Shop**
975 S. Fairmont Ave.
(In hospital lobby)
- **Lodi Health Fitness**
800 S. Lower Sacramento Rd.
(Corner of Vine Street)
- **LOEL Foundation**
105 S. Washington St.
(Near Oak Street)

Cost is \$20 for individuals (one t-shirt), \$50 for families (three t-shirts).

**209.339.7S82
www.lmhfoundation.org**