

Spring Into Health

Sunday,
February 11, 2018

Havasu Rodeo Grounds
7206 Dub Campbell Parkway

- 7:00 am Yoga with Ben Hicks
- 8:00 am MBT Bike Ride
- 8:00 am 4 Mile Trail Run
- 8:10 am 4 Mile Trail Walk
- 8:15 am 1 Mile Trail Walk
- 9 am to 12 Kettlebells with Nina Davis of Anytime Fitness
- 9:00 am Guided Hike for Beginners and Intermediate
- 9:00 am Zumba Strong With Rachel Clayton & Kristy Harris of Titan Gym
- 10:00 am High Intensity Training with Marla Martin
- 11:00 am Zumba With Jenny Slettebo of Titan Gym
- 12:00 pm Yoga with Dee Earhart
- 12.00 pm Kids Run & Obstacle Course



Havasu Healthy Striders



Havasu Community Health Foundation

Acoma Executive Plaza,
94 Acoma Blvd. S.
Suite 101
Lake Havasu
AZ 86403

Phone:
928.453.8190

The Havasu Healthy Striders offers many opportunities to walk together. It has been proven that people are more likely to commit to an exercise program when there are others to encourage and support each other. We also encourage people to walk together to provide accountability for being there to support each other as we work together to become healthier through walking. This gives an opportunity to meet others that have a common interest and an additional push out the door for those who need an extra boost!

We will provide walking tips on walking in our diverse weather, stretching and conditioning, walker of the month, leads on upcoming walking events and much more! If you are not a member, you can join us and get it electronically or you can read it under "Walk'n Talk" in the box in the sidebar!

Whether you choose to go it alone, or join us on our weekly walks, The Havasu Healthy Striders will provide routes that we have designed to meet the needs of all levels of fitness and abilities. Our motto is "Get On Your Feet." If you do it alone or with a group we have accomplished our goal!

havasucommunityhealth.org



Havasu Healthy Striders

Spring into Health Fun For the Entire Family!



MBT Bike Ride



Yoga



1 Mile Trail Run



4 Mile and 1 Mile Trail Walk

And much more!

One registration fee allows you to choose multiple events

Full schedule of events

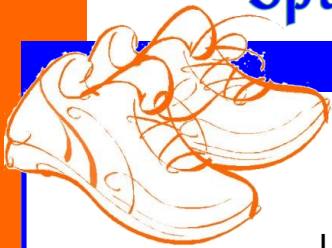
You choose which you want to participate in.

**Healthy & Fun Food
Juice & Fruit Bar & Beer**



Havasu Community Health Foundation

Spring Into Health Registration Form



Please return this section with your payment

Sunday, February 11, 2018

A REGISTRATION FORM IS NEEDED FOR EACH PERSON PARTICIPATING. FORMS FOR CHILDREN UNDER 18 MUST BE SIGNED BY PARENT OR GUARDIAN.

Name _____

Address _____

City _____

State _____ Zip _____

E-Mail Address: _____

Phone: _____

Individual Registration: \$10 \$ _____

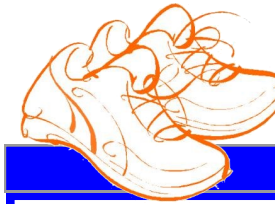
Please note: *Everyone must sign in the morning of the event.
Children under 15 must be accompanied by an adult.*

WAIVER AND INDEMNIFICATION I understand my consent to these provisions is given in consideration for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby release and hold harmless Havasu Community Health Foundation, the City of Lake Havasu, and any of their employees from any claims I may have arising out of my participation in this event. I give permission to Havasu Community Health Foundation and their sponsors to use any photographs, videotapes or other recordings of me that are made during the course of this event.

→ Signature (Parent or Guardian signature if under 18 years of age) _____ Date _____

Office Use Cash _____ Clk# _____ CC _____ Date _____ Initials _____ DS _____ EXL _____

Spring Into Health



Keep this section

IMPORTANT INFORMATION!

- Sponsorship opportunities are available for this and other Havasu Healthy Striders events. We encourage business owners to visit our website: havasucommunityhealth.org to review these opportunities on-line. Or call (928) 855-5000 for more info.
- **Sunday, February 11, 2018**
- **The event is held at the Rodeo Grounds, 7206 Dub Campbell Parkway, Lake Havasu.**
- Everyone must sign in the morning of the event and get your wristband.
- Children under 15 must be accompanied by an adult.
- Havasu Healthy Striders is a partner under the umbrella of Havasu Community Health Foundation, a 501(c)3 public charity. Tax ID 20-1839858.

Received From: _____

Cash Clk# _____ CC _____ Date _____

Amount: _____ By: _____