



24th Annual Employee Fitness Walk

Barcode# 53762

Wednesday, May 15 • 11AM-1PM
Employee Health & Fitness Day

Woodfield Lake Office Campus, 1100 E. Woodfield Road, Schaumburg (East side of lake)

- Scenic one-mile walk around **Woodfield Lake Office Campus**
- Delicious lunch prepared by **Corner Bakery Cafe**.
- Gift to the first 200 walkers registered!
- Raffle prizes
- Health information
- Musical entertainment by:



Host:

McKnight Property Management at 

Coordinator:



Sponsors:



2013 Employee Fitness Walk Registration Form

Return to: George Grey, Bock Neighborhood Center, 1223 W. Sharon Lane, Schaumburg, IL 60193

• Please turn in one form per walker for raffle prize drawing. Winners will be drawn prior to walk •

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Name (last): _____ (first): _____

Company Name: _____

Address: _____ Zip: _____

Work Phone: _____ Email: _____

Choose one of the following lunch options provided by **Corner Bakery Cafe**: All choices include chips, cookie and bottled water

- Chicken Pesto on Ciabatta Ficelle Ham on Pretzel Bread Tomato Mozzarella on Ciabatta Ficelle

Come early or late! Noon will be busy. Event is from 11AM to 1PM.

Enclose a check payable to Schaumburg Park District for the following registration(s).

Walk Registration: _____ walkers x \$15 per person = \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Must sign waiver on other side

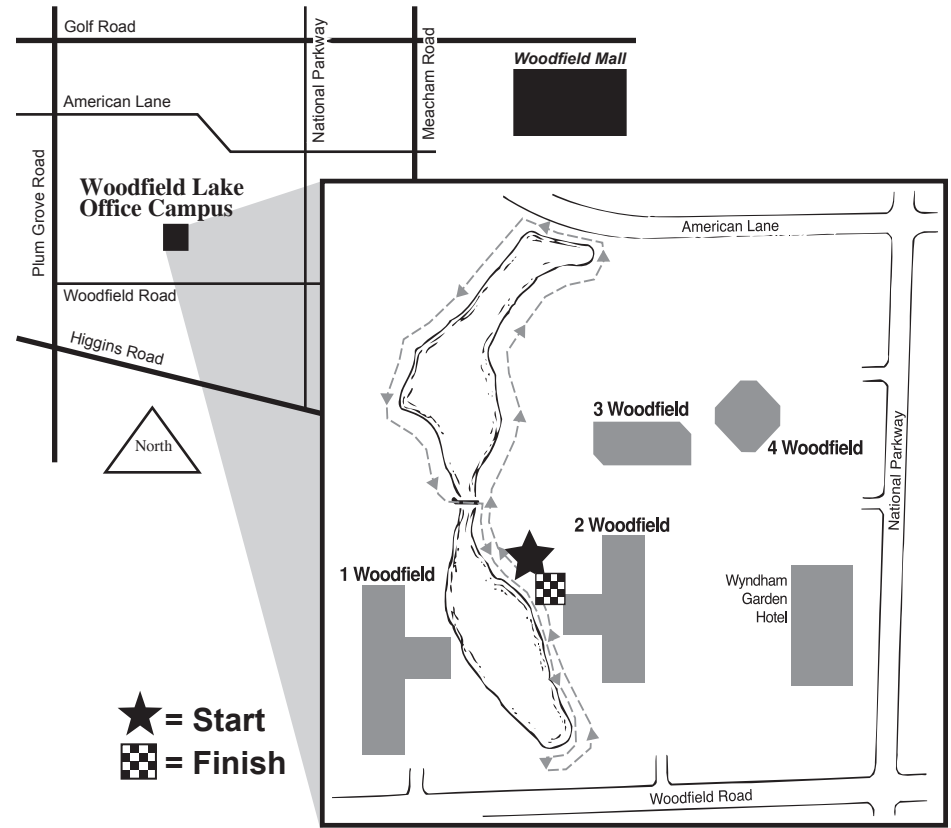
Rain Info:

In case of inclement weather on May 15, call the Schaumburg Park District at 847/985-2141 after 9:30AM. If the walk is cancelled, you may pick up your lunch and gift at the walk site, 1100 Woodfield Road between 11AM and 1PM. **Note:** This is building #2 on the east side of the lake.

For more information, call 847/985-2141 or visit www.parkfun.com.

Map:

The one-mile course starts on the east side of the lake by Two Woodfield Lakes. Check in at tent for prizes and food ticket.



2013 Employee Fitness Walk Waiver

Waiver: In consideration of this entry, I hereby for myself, heirs, executors and administrators, waive any and all claims I may have for damages against Dick Pond Athletics, Alexian Brothers Health System, Corner Bakery Cafe, McKnight Property Management, Colliers International, Inc., Woodfield Lake Office Campus, Woodfield Lake Associates, LLC, and all those associated with the campus, and the Schaumburg Park District and all individuals associated with the event, their representatives, successors and assigns for any and all injuries suffered by me in connection with this event including pre and post walk activities. I have been warned that I must be in good health to participate in this event, and I attest and verify that I am physically fit and have trained sufficiently for this event.



I have read the above waiver.

Signature: _____ Date: _____

Host:



Coordinator:



Sponsors:

