



TOPS Walks Washington 2017

DATE: Saturday, June 3 or 10, 2017

TIME: Read in Area Captain's Newsletter

PLACES: Read in Area Captain's Newsletter

WHY? To promote healthy activity among our members

while promoting Tops Club, Inc. and creating a fund raiser for our chapters.

HOW: Choose a walk site. **Wear a TOPS T-Shirt.** Show up and have fun !!

- Bicycling or skating is permitted if allowed on your chosen site.
- Non walkers may volunteer to work at a water station or drive around the route to check on walkers and see to their needs. Non walkers are considered part of the team and will receive a patch at rally, along with those who walked.
- **All walkers and volunteers must pre sign the Entry/Release form at their chapters.**

Entry/Release Forms:

* There is only one form for entry, release and follow-up. Have all members who intend to walk or volunteer PRE sign, date and make a check mark where it says "**first time participant**" ONLY if it is their first time walking. If you have walked at TOPS Walks Washington before, leave that space blank.

- **After the walk, cross off the names of those who DID NOT participate and immediately send form to your coordinator. (address below) Only the members who have signed the form will be considered part of the walk and will be eligible for award. Form must be sent to the coordinator by June 30, 2015 or chapter will be automatically be disqualified. NO EXCEPTIONS !!**

Fund Raiser:

Chapter may use this event as a fundraiser by collecting pledges from friends, family and co-workers. All funds collected will be used in that member's chapter. It's not required to collect money to participate in the walk. There is no "Pledge Form" enclosed. **Please make your own Pledge Form.**

Walk Organizers: PLEASE HAVE EXTRA COPIES OF THE ENTRY/RELEASE FORM AVAILABLE FOR WALKERS WHO DIDN'T SIGN UP IN THEIR CHAPTERS.

Each chapter MUST send in their entry/release form **by June 30th** or their members will not receive their awards.
Signing up at the walk site is not sufficient.

ENTRY/RELEASE FORM
Send "Entry/Release Form to coordinator by **June 30th** .
Mail to:
Carlene Wellington
6902 128th Street East
Puyallup WA 98373

For more information contact your Area Captain:

Maria Goss (360) 275-2179, Tom Neitzel (360) 446-1286 Darlene Wascher (360) 658-1311,
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