

TOPS Walks Washington

- Date:** Saturday, June 3, 2017
Time: 8:00 a.m. to 11:00 a.m.
Place: Approved walk sites are listed on back
- Purpose:** To promote healthy activity among our members while promoting TOPS Club, Inc. and creating a fundraiser for our chapters.
- How:** Chapter chooses a walk site. Site must be a well known walking path that does not have any busy streets as part of the path. Chapter must walk at least five miles, with the option of walking farther. However, each member pledging to walk all or part of the path may share this distance. Member must walk with at least one other member. Several chapters may walk together, but each chapter must complete at least five miles. Bicycling or skating instead of walking is permitted if allowed on your chosen site. Non-walkers may wish to provide walking members with water stations along the way and/or transport at starting and ending points of paths. Non-walkers who provide these services are considered part of the team and will receive a prize along with the walkers at Rally. All walkers must pre-sign and return Entry/Release Form.
- Entry and Release Form:** There is only one form for entry, release and follow-up. Have all members who intend to walk pre-sign and date form, check **only** if first participation. On walk day, cross out names of those who did not participate and immediately return the form to your coordinator. Only the members who signed the form will be considered part of the walk and will be eligible for award. Form must be returned by June 23,2017.
- Fund Raiser:** Chapter may use this event as a fundraiser by collecting pledges from friends, family and co-workers. All funds collected by a chapter will be used in that chapter. Please vote on money distribution prior to the event. It is not required to collect money to participate in the walk. A sample "Pledge Form" is enclosed.

Entry and Release Form

Send "Entry and Release Form" to your coordinator
By **June 23,2017**. Mail to:

JOYCE ANDERSON
1304 N. Bannen Rd
Spokane Valley, WA 99216