



FREE

**Senior Stroll
1-mile/2-mile
August 20, 2014 10am
In Beautiful Ashland, Wisconsin
On Chequamegon Bay**

The Senior Stroll will take place before the start of the 55+ Health Expo.
Strollers will start at the H. Pearson Plaza Park and
walk through the downtown area and along Ashland's waterfront trail.

Choose from a one-mile or two-mile stroll.

All Senior Strollers receive a free Ashland water bottle
that they can fill with clean, cold, artesian well water!

Come out!! Enjoy the Fun!!
Questions?? Call 715-682-2500



Senior Stroll Walk Registration Form

1-mile _____ 2-mile _____

Name _____ Telephone _____

Street _____ City _____ State/Zip _____

Female _____ /Male _____ Age _____ Date of Birth _____

Email Address _____

Athlete's Release:

Warning: Participating in the Senior Stroll can be a serious threat to health of individuals who are not in excellent physical condition. For, and in consideration of, my participation in the Senior Stroll, I myself, my executors, administration, heirs, and assignees do hereby release and discharge Ashland County, the City of Ashland, Ashland Chamber of Commerce and all sponsors, agencies, subsidiaries, affiliates and beneficiaries jointly and severally and hold and waive harmless from and against any and all actions, claims, injuries, demands, liabilities, loss, damage or expenses of whatever kind and nature including, but not limited to, attorney fees, which at any time may be incurred by reason of my participation in or my preparation for any of the aforesaid events. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. If however, as a result of my participation in Senior Stroll require medical attention, I hereby give my consent to authorized medical personnel of Senior Stroll to provide such medical care as it is deemed necessary by such authorized personnel. The undersigned grant full permission to any and all of the foregoing use to his/her likeness, including photographs and videotape for publicity and advertising purposes without compensation.

Signature: _____