



THE

FOUNDATION

THE FREMONT-RIDEOUT HEALTH GROUP

# FREMONT RIDEOUT BLESS YOUR HEART WALK

Registration 7:30am / Walk 8:30 to 9:30 am.

Free T-Shirt for Walk Participants, live music, and receive a free entry to win great prizes for each lap completed! Kids walk free with a registered adult.

Pre-registration \$15 (By February 1).

Event day registration \$20. For more information call 751-4070.



## SAT., FEB. 6


### Take Your Sweetheart For A Walk!

7:30-10:00AM AT THE YUBA SUTTER MALL, 1215 COLUSA AVENUE, YUBA CITY

Drop off completed form below at the administrative offices of the Fremont-Rideout Health Group or mail it to: Fremont-Rideout Foundation, 989 Plumas Street, Yuba City, CA 95991.

Make check payable to: Fremont-Rideout Foundation.

### Bless Your Heart ENTRY FORM - Pre registration DEADLINE February 1!

FIRST NAME:		<input type="checkbox"/> Male	AGE _____
LAST NAME:		<input type="checkbox"/> Female	
PHONE:	FAX:		
EMAIL:			
SHIRT SIZE: (Check one) <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL			
ADDRESS:			
CITY:			
STATE:	ZIP:		
SIGNATURE: (Or parent consent)			DATE:
<small>SIGN-UP, WAIVER AND RELEASE OF LIABILITY All walkers are required to assume all risks by signing this general release. In consideration of your accepting my entry application, I, for myself, my personal representative, heirs and next of kin, hereby release and discharge all organizers, sponsors, directors, agents and volunteers of the Bless Your Heart Walk from all liability to me, my personal representatives and heirs for all loss, damage or any claims or demands on account of personal injury which I may sustain. I have read and understand this release and waiver of liability. I agree to comply with all event rules and I understand that the right to reject any walk entry application is reserved by Bless Your Heart Walk officials.</small>			
			 <b>FOUNDATION</b> <small>THE FREMONT-RIDEOUT HEALTH GROUP</small> <a href="http://www.frhg.org">www.frhg.org</a>