

Release of liability and assumption of risk: I hereby waive, release and discharge any and all claims of damages for death, personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in this walk event. The release of liability and assumption of risk is intended to discharge in advance the Modesto Rotary Club, their respective agents, their directors and employees, the walk staff and any and all volunteers, their representative successors, and assigns from and against any and all liability arising out of or connected in any way with my participation in this walk event, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. I further understand that serious accidents occasionally occur during walk events, and that participants in walk events occasionally sustain serious personal injuries as a consequence thereof. I attest and verify that I am physically fit and sufficiently trained to walk in this event and my physical condition has been verified by a licensed medical doctor. Knowing the risks of participating in up to a 3-mile walk event, I nevertheless hereby agree to assume those risks and to release and to hold harmless all persons or entities mentioned above who (through negligence or carelessness or otherwise) might be liable to me or my heirs or assigns for damages. It is further understood and agreed this waiver, release and assumption of risk is to be binding on my heirs and assigns.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Mail this form with your check to:  
Modesto Rotary Club  
Senior Stride  
121 E. Orangeburg Ave., Suite 5  
Modesto CA 95350

**For additional forms, phone  
(209) 578-9999**

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CURRENT RESIDENT OR

Modesto Rotary Club  
Senior Stride  
121 E. Orangeburg Ave., Suite 5  
Modesto CA 95350



**A fun walk for seniors,  
their friends and families**



**Friday, September 13, 2019  
East La Loma Park, Modesto  
7:45 a.m. Registration  
9:00 a.m. Walk Starts**

**Prizes! Raffle! Gifts! Music!**

*A Modesto Rotary Club community project to promote  
healthy aging and to bring dignity and fellowship to senior citizens.  
For more information call 209-578-9999*



## Experience an invigorating morning of fun and fellowship!

### Join the twenty-eighth annual Senior Stride

- Beautiful 1.5-mile and 3-mile courses
- Stroll, stride or power-walk
- Notime kept
- Pets and strollers welcome (will follow walkers)
- Tote bags and t-shirts for the first 300 registered walkers
- Post-walk door prize drawings

### Friday, September 13, 2019

- 7:30 a.m..... Parking lot opens (731 El Vista)
- 7:30 a.m..... Parking lot shuttle service begins
- 7:45 a.m..... Registration begins
- 8:45 a.m..... Warm-up begins
- 9:00 a.m..... Walk starts
- Post-walk..... Breakfast, ceremonies, entertainment, prize drawings



## Walk Free! Refer a Friend!

If you were a registered walker in any of the previous years, sign up a new walker for the 2019 Senior Stride, and walk free this year!

To get credit for the new walker, fill your name in on the new walker's registration form and mail it, along with the new walker's registration fee and your own registration form.

### Registration Fees

- \$1..... Seniors (55+) in advance (registration by 9/6)
- \$3..... Non-seniors in advance
- \$3..... All walk-day registrations
- Free ..... Previous event walker who refers a new walker

#### SPONSORED BY:

### The Modesto Rotary Club

along with these sponsors over the years:

- TSM Insurance Services**
- Save Mart Supermarkets**
- Sutter Health Memorial Medical Center**
- E & J Gallo Winery**
- Dale Commons Senior Living**
- Mocse Credit Union**
- Community Hospice**
- American Medical Response**

Printing courtesy of Willey Printing Co.

## Registration Form for Previous Senior Stride Walkers

Name \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Age (on Sept. 13) \_\_\_\_\_

I walked in at least TWO previous Senior Stride walks.

I am enclosing a registration form for a new Senior Stride participant. Waive my registration fee.

I want to walk but am not referring a new walker. My registration fee is enclosed.

**You MUST sign the back of this form**

**Make checks payable to Modesto Rotary Foundation**

28th Annual Senior Stride  
Friday, September 13, 2019

## Registration Form for First-Time Senior Stride Walkers

Name \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Age (on Sept. 13) \_\_\_\_\_

Name of past walker who referred you:

\_\_\_\_\_

**Please include registration fee.**

**You MUST sign the back of this form**

**Make checks payable to Modesto Rotary Foundation**

28th Annual Senior Stride  
Friday, September 13, 2019