

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
P.O. Box 672
Modesto, CA 95353

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

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CURRENT RESIDENT OR

Modesto Rotary Club
Senior Stride
P.O. Box 672
Modesto CA 95353



**A Fun Walk for Seniors,
their Friends and Families!**



**Friday, September 20, 2024
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 fellowship to senior citizens.

**For more information call
(209) 578-9999**

Experience an invigorating morning of fun and fellowship!

Join the Thirty-Third Annual Senior Stride

- Beautiful 1.5-mile and 3-mile courses
- Stroll, stride or power-walk
- No time 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 20, 2024

- 7:30 a.m. Parking lot opens (731 El Vista)
- 7:30 a.m. Registration begins
- 7:45 a.m. Warm-up begins
- 8:00 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 2024 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:

\$2..... 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:

- Allcare • Beard Land & Investment Co.
- Blom & Howell • Caregiver to You
- CHG Structural
- Centerra Property Management
- Community Hospice & Health Services
- Doctors • El Rio Memory Care
- Gallagher Gatewood • Gallo Winery
- Graceful Living • Humana
- IT Solutions Currie • Medics Plus
- Mid-Valley Promotions • Mocse Credit Union
- Mujeres Poderosas, LLC • Nexus Engineering
- Pasteniek's Bucheli & Falasco, LLP
- Porges Family Foundation • Salvation Army
- SinglePoint • Stanislaus Foods
- Sutter Health - Memorial Medical Center
- The Park at Modesto • Wille Electric

REGISTRATION FORM for Previous Senior Stride Walkers

Name _____

Address _____

City _____

State/Zip _____

Phone _____

Age on September 20th

- 50-60 61-70 71-80 85+

I walked in at least one 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 Club Foundation.**

**33rd Annual Senior Stride
Friday, September 20, 2024.**

REGISTRATION FORM for First-Time Senior Stride Walkers

Name _____

Address _____

City _____

State/Zip _____

Phone _____

Age on September 20th

- 50-60 61-70 71-80 85+

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 Club Foundation.**

**33rd Annual Senior Stride
Friday, September 20, 2024.**