



Road to Fitness  
CHALLENGE



FREE  
Bonus gift  
for the first  
100  
registered



# 5K WALK AND TALK

## FOR THE HEALTH OF IT!

Saturday, August 15<sup>th</sup> @ 10:00am

(check in 9:30am/Memorial Covered Bridge)

Walk starts at Memorial Park and continues down the scenic Miami Erie Canal towpath and back to Memorial Park

\$10 registration fee (FREE t-shirt with all pre-registration)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Shirt Size (circle one) S M L XL XXL

I hereby release and discharge Summerfest, sponsoring doctors, city of St Marys, Sheriffs Dept and their representatives and agents from any and all injuries/illness which may directly or indirectly result from this walk.

Signature \_\_\_\_\_

Make checks payable to:

**St. Marys Chamber of Commerce**

Mail to: **5K WALK**  
**14785 GLYNWOOD-NK RD**  
**ST MARYS, OH 45885**

Pre-Registration **Deadline** is: **JULY 31, 2009**

**Sponsored by: Padmaja Chalasani, MD**  
**Reeshad Buhariwalla, MD**