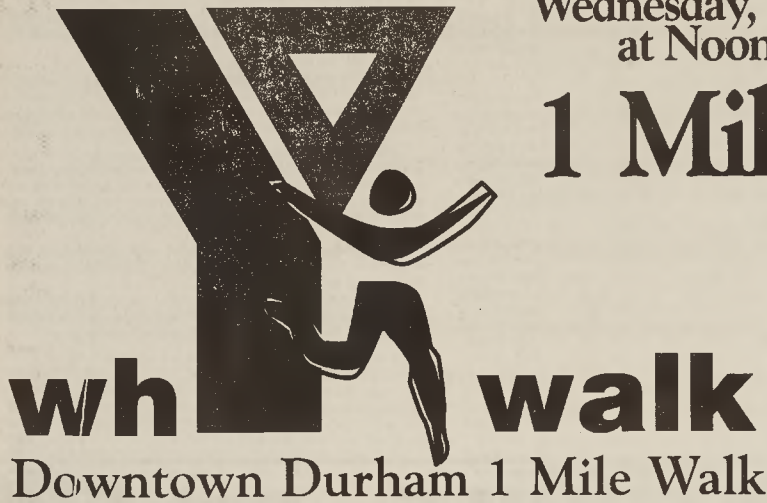


Wednesday, May 20, 1998
at Noon in Downtown Durham

1 Mile FUN Walk

WHY WALK

- Increase your energy level
- Increase your self confidence
- Reduce your stress level
- Low cost
- Easy and fun to do



ADDITIONAL INFORMATION
YMCA of Greater Durham 667-9622
Downtown Durham, Inc. 682-2800
Durham Chamber of Commerce 682-2133
Durham Regional Hospital 470-7291

Wednesday May 20 is National Employee Health and Fitness Day. Recognizing this, several community organizations have gathered to create the downtown WHY WALK, a FREE one-mile fun walk. The walk is being held in downtown Durham from noon until 1p.m. to promote health, fitness and fun!!

As a special incentive to encourage people to get out and get healthy, the first 500 people to pre-register and walk will receive a FREE T-Shirt.

Registration

Registration forms may be picked-up/returned to any of the following locations:

Downtown YMCA Family Center
215 Morgan St. - downtown Durham
667-96 22 fax 688-8522

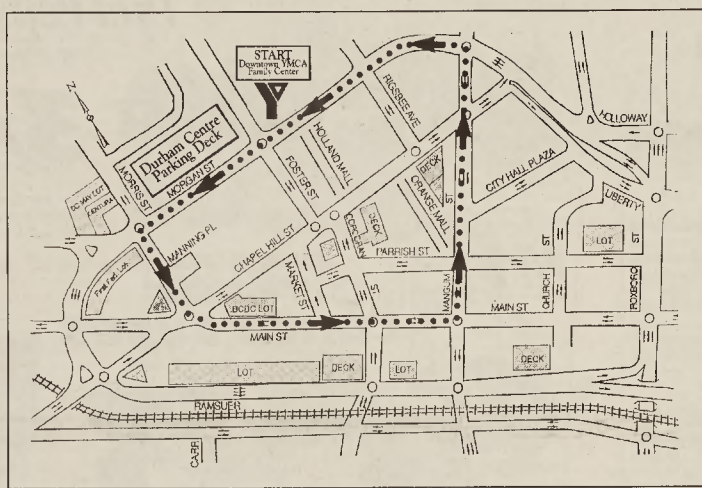
Durham County Administration Bldg.
200 East Main Street - 3rd floor
Human Resources
560-7 900 fax 560-7902

Durham Regional Hospital
3643 N. Roxboro Rd.
Main Lobby
470-7291 fax 470-7377

City of Durham Employee Training and Development Office
211 Rigsbee Avenue
560-4157

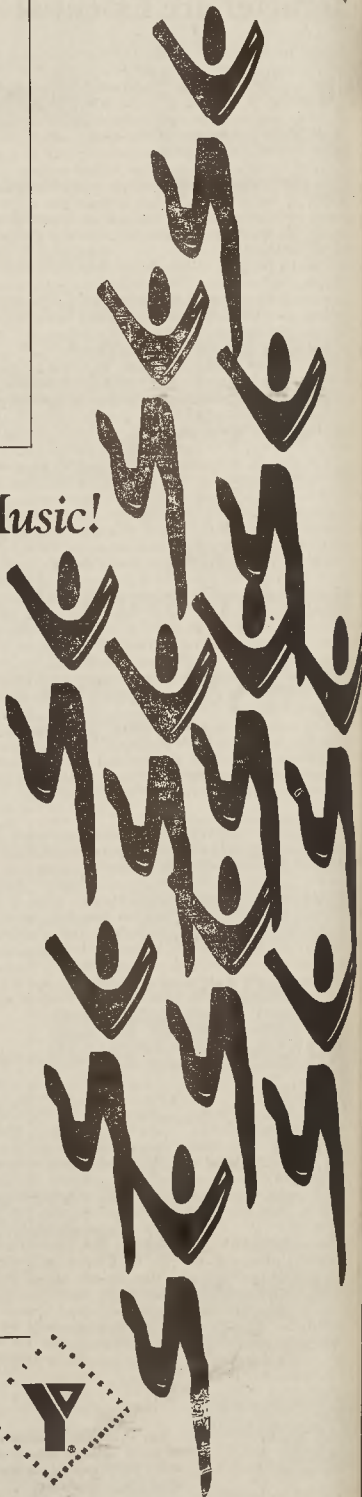
Application pick-up only

Walk Route



Parking available in the Durham Centre Parking Deck across from the YMCA

FREE Fun, Food, Health Screenings, Exhibits & Music!



May 20, 1998



Please Print

Yes! I want to participate in the FREE WHYWALK

Please complete the registration form below and return it to the YMCA of Greater Durham or other registration locations.

Name: Last

First MI

Address

City State Zip

Work Phone

Home Phone

School or Employer

Release, Waiver, Indemnification and Assumption of Risk I understand that walking is a hazardous activity. I know that I should not enter and walk unless I am medically and physically able and properly trained. I assume all risks associated with walking in the WHYWALK on May 20, 1998 (rain date May 27, 1998) including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, vehicle traffic and conditions of the road, all such risks being known and appreciated by me. Having read this release and knowing these facts, and in consideration of your accepting my entry, I, for myself, my heirs, assigns and anyone else entitled to act on my behalf, do waive, release and hold harmless the sponsors, and all representatives and volunteers for the event, or their successors, from all claims of liabilities of any kind, including injury or death, arising out of my participation in the walk even though that liability may arise out of negligence or carelessness on the part of such persons. I agree that the decisions of the race officials relating to race results and my participation in the race shall be final. I give permission for the free and unrestricted use of my name and video film images and photos to be used as needed by the YMCA of Greater Durham in its promotional activities. I also agree to exercise all safety precautions, to avoid littering and to show respect to the property of others.

Date

Signature Required (Parent's signature if participant is under 18.)

We recommend that children be accompanied by an adult on Walk Day.

Please make additional photocopies of this form as needed.

For Office Use Only Reg. #

Date Received

May 20 Schedule of Events (rain date for event May 27)

- 10:00 a.m. - 2:00 p.m. Health Fair at downtown YMCA
- 11:30 a.m. - 12:10 p.m. Free t-shirt pick up for first 500 pre-registered participants at downtown YMCA at 12:15 p.m.
- Walk begins at corner of Foster and Morgan Streets

Sponsors

- CCB
- City of Medicine USA
- Durham County
- Durham County Hospital Corporation
- Dilweg & Phillips Development
- The Carolina Times
- Centura Bank
- Durham Bulls
- Durham Marriott at the Civic Center
- Herald Sun
- NationsBank, N.A.
- The News & Observer
- Wachovia Bank of N.C., N.A.

Organizing Committee

- Downtown Durham, Inc.
- Durham Chamber of Commerce
- Durham County Health Department
- Durham County Hospital Corporation
- Durham Police Department
- Foundation for Better Health of Durham
- Healthy Carolinians of Durham County
- YMCA of Greater Durham

Also celebrate National Employee Health and Fitness Day at the Downtown YMCA FAMILY CENTER on May 20 with free demonstrations, health screenings, information on healthy lifestyles, and a Health Fair located in the Downtown YMCA Family Center gymnasium from 10 a.m. - 2 p.m.

