

# Strides For Strong Bones Saturday, July 20, 2019

## MAIL IN ENTRY FORM

**START TIME 9:00 AM**

Now is the time, no matter how old you are, to make your bones as strong as they can be! Men and women of all ages are invited to participate in the 10th Annual "Strides For Strong Bones" to raise awareness for osteoporosis and bone health!

**DISTANCE & COURSE:**

The course is a 3 or 6 mile loop around beautiful Medical Lake and is mostly flat with a couple of small hills. The start and finish is at Waterfront Park. This is a timed, mass start event with the most competitive runners staged in the front at the start.

**DAY OF RACE SCHEDULE OF EVENTS:**

- 7:30 am - 8:30 am - Late Registration and Check in
- 9:00 am - Race Start!
- 9:00 am - 11:00 am - Free Bone Density Screenings. *Visit our screening area under the Pavilion for free educational materials and information about bone health with Dr. Kohlmeier and staff!*
- 10:30 am - 11:00 am - Awards Ceremony and celebration with our osteoporosis participants.



**AGE GROUPS, DIVISIONS & AWARDS:**

Individual Age Groups for Male and Female: (5 deep medals in each age group)  
18 Under, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

**Osteoporosis Individuals:** Male and Female divisions (all ages). Entrants must be diagnosed with osteoporosis.

**www.stridesforstrongbones.org**  
**email: info@stridesforstrongbones.org**

**REGISTRATION OPTIONS:**

Register before June 20th to ensure your T Shirt on event day. Additional T Shirts may be available on event day for \$15.00.

- 1) Online registration - [www.signmeup.com/129001](http://www.signmeup.com/129001)
- 2) Mail in registration to: (checks made out to Strides For Strong Bones)  
Strides For Strong Bones  
P.O.Box 9688  
Spokane, WA 99209-9688
- 3) Late Registration and Packet Pick Up:  
(Online pre-registration is preferred)  
Friday - July 19  
Fitness Fanatics (12425 E. Trent Ave.)  
Spokane Valley, WA  
Time - 12:00 noon until 6:00 pm  
**OR**  
Saturday (Event Day) - July 20  
Waterfront Park - Medical Lake  
Starting at 7:30 am  
(NO late fees for race day entries!)

*Waivers must be signed by all participants at packet pick up or on race day.*



Free Bone Density Screenings On Site!

**SUZY DIX**



Would you like to make an additional tax deductible donation to Strides For Strong Bones? Amount \$ \_\_\_\_\_

Male

Female

- Individual Age Group (with T Shirt) \$30.00
- Individual Age Group (NO T Shirt) \$20.00
- Osteoporosis Individual (with T Shirt) \$30.00
- Osteoporosis Individual (NO T Shirt) \$20.00
- Kids 12 & Under (NO T Shirt) \$5.00

Date of Birth: \_\_\_/\_\_\_/\_\_\_  
Age on Race Day: \_\_\_\_\_  
Age Group Entered: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact Person:  
Phone: ( ) \_\_\_\_\_

(circle style preference)  
**Men's Sizing** OR **Women's Cut**  
(circle size)  
XS SMALL MEDIUM LARGE  
XLARGE XXLARGE XXXLARGE

Official use only: