



# Keep Well Society Walk

Sunday, Sept 8, 2024

Pre-registration 10:00 to 10:30 am

Opening ceremonies 10:30 to 11:00 am

Dedicated to Bette Rumble  
long-time NSKWS member  
and benefactor

Please register for the Walk (**\$10**), plus help to raise funds for **Keep Well** by enlisting friends and family to sponsor your Walk with donations. Participants will be treated to a fun-filled **5K WALK** organized by the **Keep Well Society ESPECIALLY FOR SENIORS** with volunteer supporters to encourage you before and during the WALK! Start at John Lawson Park in West Vancouver and walk along the Dundarave Seawalk to Dundarave Pier and walk back OR hop on the free bus to get you back to the start. Post walk, Keep Well will host a FREE BAR-B-QUE for all registrants, with music and draws for **free** door prizes.

### Registrant's Info: Please Print

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

### Emergency Contact Info:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### SPONSORSHIPS

A Sponsorship Form is attached for pledges from family, friends, neighbours who would like to sponsor your WALK. All contributions gratefully appreciated with donations of \$25 or more acknowledged with an income tax receipt.

Return this registration form with your \$10 (cash/cheque), sponsor form with donations, sign waiver to the Site Coordinators or bring it to walk. For more information, please contact 604-988-7115 ext:3001.

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**WAIVER:** I understand the health risks involved in the Keep Well 5K Walk and agree to participate without holding liable the Keep Well Society, its Directors, Staff, or Volunteers. I understand that my photo may be taken and used for promotional purposes'.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Registrant