

# Strides FOR STRONG OR BONES



8th Annual...

fun.run.walk.

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**SATURDAY**  
**July 29**  
**2017**  
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**Waterfront Park**  
**Medical Lake, WA**  
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[www.wastrongbones.org](http://www.wastrongbones.org)

**3** miles **or** **6** miles



**Start time 9:00 am** - Free Bone Density screenings, bone health info and education on site with Dr. Lynn Kohlmeier! ALL proceeds go to W.O.C. (WA Osteoporosis Coalition). Free chair massages from AiCM.

**Awards: Medals 5 deep** in each age group, overall male and female in individual and Osteoporosis divisions.

**Packet Pick Up or Late Registration:** (waivers must be signed at check in)

July 28, Friday - 12-6 pm - The Bike Hub (1403 W. 1st Ave.)

July 29, Saturday 7:30-8:30 am - Waterfront Park - Medical Lake, WA

**Mail Entry Forms to:** W.O.C. Strides - POBox 9688 - Spokane, WA 99209

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**First Name:**

**Last Name:**

**Mailing Address:**

**City:**

**State:**

**Zip:**

**Male or Female:** (circle one)

**Date of Birth:** / /

**Select Distance:** 3 mile  or 6 mile

**Age Group:** 18 under 19-29 30-39 40-49 50-59 60-69 70-79 80+ (circle)

**Enter:** (circle) Individual OR Osteoporosis Individual (must be diagnosed with osteoporosis)

**Entry Fee:** with T Shirt \$25.00 ● ● **Entry Fee:** without T Shirt \$15.00  
(enter before August 1)

**T Shirt Size:** XS S M Lg XL 2XL 3XL **Men's or Women's Sizing?** M F