

MDA

MUSCLEwalk

*How many muscles
does it take to
walk?
One - Your Heart!*



September 24, 2011 10:00 am
Bear Creek Park Pavilion—Medford
Benefit for the Southern Oregon Chapter of
the Muscular Dystrophy Association
Min \$30 raised per / walker
Prizes awarded for the more you raise!
Strollers are welcome
Kids 12 and under free with registered adult



Individual Walker & Teams Flex Your Muscle For MDA!

Per Walker \$30 min raised entry fee

- Walk entry to join others in the Rogue Valley to help fight Muscular Dystrophy
- Lunch afterwards
- Fun and activities pre and post walk
- Music provided by VIP entertainment

*Prizes
You Can
Win!*

Raise \$50—Receive a Muscle Walk Shirt

Raise \$100—Receive a \$10 Dutch Bros gift card

Individual who raises the MOST money ONLINE

(min \$250 raised online) Will win a \$100 Visa Gift Card!

Register online at <https://www.joinmda.org/musclewalkmedford2011>

Form or team; join a team or be an individual walker making a difference!

One Entry per walker. Please print

Name _____ Company _____

Address: _____ City _____ ST _____ Zip _____

Phone _____ Email _____

Individual walker _____ Team walker _____ Team Name _____

Once we receive this registration form, MDA will send out a Muscle Walk packet that has other helpful tips and information about the event.

Make sure to register online <https://www.joinmda.org/musclewalkmedford2011> so you can start your online fundraising too!

Mail form to: MDA—1249 N. Riverside; Medford, OR 97501 or fax to 541-858-9833
Questions? Call Arlene at MDA—541-858-9815 or awedsted@mdausa.org