

## Walk-n-Roll Entry Form

Take the Walk-n-Roll challenge on May 19, 2006 and walk or bike to work. By adding physical activity into your busy life you can gain tremendous health benefits, feel better and be eligible to great prizes!



Complete the entry form below between May 19 and May 28. Prizes will be awarded in a random drawing of all participants on June 2, 2006.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

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

Day Phone \_\_\_\_\_

Email Address \_\_\_\_\_

\_\_\_\_\_ Individual \_\_\_\_\_ Worksite

Name of worksite \_\_\_\_\_

Total miles commuted (round trip) \_\_\_\_\_

\_\_\_\_\_ Bike \_\_\_\_\_ Walk \_\_\_\_\_ Bus \_\_\_\_\_ Combination (check all that apply)

Did you participate in an organized walk or bike ride? \_\_\_\_\_ Yes \_\_\_\_\_ No

If yes, where did you depart from? \_\_\_\_\_

How did you hear about Walk-n-Roll? \_\_\_\_\_



Additional comments:



Mail or fax your completed entry form to:

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Fax: 360-428-8222