

24th Annual Fitness Weekend

DARE TO BE FIT

March 9th at the Pacific Athletic Club
March 10th and 11th, 2007 at Stanford University



Register Today!

Saturday March 10

Dare to Be Fit Conference and Healthy Ideas at the
Frances C. Arrillaga Alumni Center
8:30 a.m. - 4 p.m.

Before March 1st

Member @ \$10 ea. \$ _____
Non Member @ \$20 \$ _____

After March 1st

Member @ \$20 \$ _____
Non Member @ \$30 \$ _____
Lunch (optional) @ \$15 \$ _____
Vegetarian _____

Total Conference \$ _____

Awards Dinner and Celebration at the Tressider Union
Oak Room 6:00 p.m.

Person(s) @ \$40 _____
Total Dinner \$ _____

Sunday, March 11

Fitness Events
(Separate Entry Form Required for Each Participant)

\$20 Early Registration (postmarked prior to 2/15/07)
\$25 (postmarked by March 1, 2007)
\$30 (after March 1, 2007)
On-site registration and bib pick-up available Saturday
at Arrillaga Alumni Center, and on Race Day after 8 a.m.

5K RaceWalk (age 50+ only) \$ _____
Paul Spangler 8K Run \$ _____
All Age Lifelong Fitness Run \$ _____

2-5K Fitness Walk Touring Campus
@ \$10 (free with coupon) \$ _____
Check Website for Details

Total Fitness Events \$ _____

Fifty Plus Membership

Fifty-Plus Member (circle Y or N)

Fifty Plus Membership \$50/year

___ New ___ Renewal \$ _____

I would like to make a donation \$ _____

Total Membership Due \$ _____

Dare to Be Fit Entry Form (please print)

Name _____

Address _____

City _____

State _____ Zipcode _____

Phone _____

Email _____

Birth Date mm/dd/yyyy _____

Age on Race Day _____ Sex (Circle) M F

T-Shirt Sizes: (Circle) s m l xl xxl

TOTAL \$ _____

Amount Paid \$ _____

Credit Card Number _____

Expiration Date _____

Signature _____

Check Enclosed _____ Check Number _____

Waiver: I, intending to be legally bound for myself, my heirs, executors and administration, waive and release any and all rights and claims against Stanford University, Fifty-Plus Lifelong Fitness, City of Palo Alto Recreation, all sponsors and any and all persons, officials and organizations affiliated, for any and all injuries suffered by me while traveling to and from, or while in the Fifty-Plus Conference, Awards Dinner, and Fitness Activities held on Saturday, March 10, 2007 and/or Sunday March 11, 2007. I also give my permission for the free use of my name and /or photograph in any broadcast, telecast, newsprint or any account of these events. I further attest that I am physically fit and sufficiently trained for the events in which I will participate.

Signature _____

Date _____

Please mail to:

Fifty Plus Lifelong Fitness
658 Bair Island Road
Suite 200
Redwood City, Ca. 94063