



2013 Registration

Name(s) _____ Email: _____

(Program materials will be sent by email)

_____ Email: _____

_____ Email: _____

Address _____
(Street) (City, State, Zip)

Phone Number (s) _____

Please circle the community where you plan to attend the group lesson: (See back for location details)

- | | | | | |
|---------------------------|---------|------------|----------------|----------------------------|
| Boscobel | Eastman | Ferryville | Gays Mills | Prairie du Chien (Tuesday) |
| Prairie du Chien (Sunday) | Seneca | Steuben | Soldiers Grove | Wauzeka |

We may occasionally take pictures. Do we have your permission to use pictures of you/your family for newspaper articles or other materials related to this program?

___ yes ___ no

Indicate number of each T-shirt size needed.

Note: \$20 Household fee includes 2 shirts; additional shirts may be ordered for \$7.00 each.

Adult ___ Sm ___ Med ___ Lg ___ XL ___ XXL ___ XXXL

Child ___ Sm ___ Med ___ Lg

Fees due:

Registration (\$15 Participant/\$20 Household): _____

of additional t-shirts ordered _____ @ \$7 each: _____

Total due: \$ _____

Checks should be made payable to UW-Extension

225 N. Beaumont Rd. Suite 240 Prairie du Chien, WI 53821

Please return by May 24, 2013

Registration Fee:

- \$15 per Participant
- \$20 per Household

This fee includes participation in the 9-week training program, entry in the 5K at the Crawford County Fair and a T-Shirt.

Scholarships are available.

FOR OFFICE USE ONLY

Total paid: _____ L P H

Check # _____

Consent form : Yes _____ No _____

Other: _____

Look below to find which day, me and community will work for you and your schedule.

All communities will discuss the same topics and follow the same schedules.

Each night will start with a 20 minute lesson followed by a group walk and run.

First Night Reminders & Tips:

- Wear shoes and clothing to walk/run in
- If you have a stop watch or timer bring it
 - Don't forget water
- If you have a friend that's interested—bring them along.

<u>COMMUNITY</u>	<u>MEETING LOCATION</u>	<u>DAY</u>	<u>TIME</u>	<u>Community Leader</u>
Boscobel	United Methodist Church 104 Buchanan St.	Sunday (Begins June 2)	4:00 p.m.	Lisa Trumm
Eastman	Community Building	Monday (Begins June 3)	7:00 p.m.	Gloria Wall
Ferryville	Community Center	Monday (Begins June 3)	6:30 p.m.	Heather Fisher-Wallin
Gays Mills	Lions Shelter	Sunday (Begins June 2)	6:30 p.m.	Laurie Ellefson
PDC	County Admin. Bld.	Sunday (Begins June 2)	6:00 p.m.	Jane Schaaf
PDC	County Admin. Bld.	Tuesday (Begins June 4)	5:00 p.m.	Jane Schaaf
Seneca	Seneca School Cafeteria	Sunday (Begins June 2)	6:00 p.m.	Sonya Lenzendorf
Steuben	Park Shelter	Wednesday (Begins June 5)	6:00 p.m.	Amy Mitchell
Soldiers Grove	43554 Dull Rd. Soldiers Grove	Thursday (Begins June 6)	6:00 p.m.	Margaret Davidson
Wauzeka	Century Hall	Tuesday (Begins June 4)	5:00 p.m.	Deanna Wallin-Sander