

# NIAGARA WALKERS & The NYS PARKS, RECREATION , and HISTORICAL PRESERVATION *Presents* SUMMER SERIES 2007

A Fitness Program for Walkers of all levels.

**Wednesday Evenings**, June 6, 2007 to August 8, 2007 at 6:30PM **(No walk on July 4<sup>th</sup>)**.

Beaver Island State Park, Grand Island, NY. Enter the park and take the first right. Proceed to the parking lot.  
**Please do not park on the grass.**

Featuring Instruction and Guest Speakers covering a variety of topics during the first half hour of each week.

Following the speaker, we will split into two groups. Group 1 will begin walking the 5K (3.1 mile) course (you may walk a shorter distance if you desire). Group 2 will do a short warm-up and begin walking 10 minutes after group 1. You may choose whichever group you want each week.

**Note: On July 11<sup>th</sup> and August 8th, all walkers will begin at 6:30PM, as there are no speakers on those nights.**

Registration fee \$25 (\$10 under 18, 70 and over) includes T-shirt (first 120 registered - sizes are M-L-XL and are given out on a first come first choice basis). Packet pick-up and new registrations will begin at 5:45PM on June 6th, 6:15PM from June 13th - August 8th.

Parties will follow the July 11th and August 8th walks. Please bring a dish to share, beverages will be provided. Door Prizes on August 8th.

**Important: The NYS Parks has waived the entrance fee for participants in this event. You need to tell the person at the tollbooth that you are with the Summer Series. After the first night please bring your T-shirt to show the attendant.**

For more information check our website at [www.niagarawalkers.org](http://www.niagarawalkers.org) or contact:  
Judy Bonafede – telephone 759-8655 or e-mail: [j\\_bonafede@yahoo.com](mailto:j_bonafede@yahoo.com)

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**2007 Summer Series** (Please print clearly and complete entire form)

Name: \_\_\_\_\_ Sex: Female \_\_\_\_ Male \_\_\_\_

Street: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

In consideration of my entry being accepted, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge all claims and rights for damages which I have or which may occur to me, against NYS Parks, Recreation and Historic Preservation, Beaver Island State Park, USATF Niagara, Niagara Walkers Club, Race Organizers or other contributors, successors and assigns for any and all damages which may be sustained by me in connection with or entry in and arising out of my traveling to or from or participation in such an event.

Signature: \_\_\_\_\_ Parent or Guardian: \_\_\_\_\_  
(if under 18 years)

**Make checks\* payable to: Niagara Walkers Club**  
**Mail to: Jack Olkowski, 98 Nassau Avenue, Kenmore, NY 14217**

**\* All checks payable in U.S. funds. No confirmations will be mailed.**