Celebrating 20 Years!

Fifty-Plus Annual Fitness Weekend

March 15-16, 2003

Getting Older America Moving - Keeping Senior America Fit

- Pacific Association/USATF 8K Championship for Seniors (50+), Super Seniors (60+), and Veterans (70+)
- Also: Bicycle Ride, Swim, Inline Skate, Multi-Generation Relays—all at Stanford
- USATF certified and sanctioned course around the Stanford University campus
- Awards/Age Divisions: 8K Run and 5K Racewalk: 5-year age divisions from 50-54 up to 90+
- Start Times: (Sunday, 3/16)
  - 7:00 a.m. Swim, 7:30 a.m. Tennis, 8:00 a.m. Bicycle Ride and Inline Skate
  - 8:30 a.m. Competitive Racewalk (racewalkers 50 and over)
  - 8:45 a.m. 4 mile Fitness Walk (non-competitive)
  - 9:00 a.m. Fifty-Plus Paul Spangler Memorial 8K (runners 50 and over)

- Start Times: (Saturday, 3/15)
  - 9:00 a.m. Fifty-Plus Health Conference on "Exercise and the Brain"
  - 5:30 p.m. Annual Dinner with Wine Reception, Dinner Speaker Anne Cribbs and Emil Zatopek Award

Join the Fifty-Plus Fitness Association, a non-profit, international organization of over 2,000 members dedicated to improving their lives through an active and healthy lifestyle

- Information: (650) 323-6160, e-mail: info@50plus.org, website: www.50plus.org, fax: (650) 323-6119
- **Online registration: www.active.com**

Fitness Weekend Registration

Saturday Events — March 15

Health Conference (9:00 a.m.) and Lunch*

___ person(s) @ $25 for members _____

___ person(s) @ $30 for non-members _____

Awards Dinner including Wine Reception (5:30 p.m.)

___ person(s) @ $45 _____

Sunday Events — March 16

$20 Advance Registration
(per event by 3/10/03 includes T-Shirt) _____

$25 Day of Event Registration (per event) _____
(includes T-Shirt, if available)

Swim (7:00 a.m.) FREE _____

Bike Ride (8:00 a.m.) _____

Inline Skate (8:00 a.m.) _____

5K Racewalk (8:30 a.m.) _____

4 mile Fitness Walk (8:45 a.m.) _____

Sign me up for the "Team in Training" Walk Clinics - (tax deductible donation $50/$100) _____

Paul Spangler Memorial 8K Run (9:00 a.m.) _____

Multi-Generation Relays FREE _____

PLEASE CHECK FREE EVENTS

Fifty Plus Membership, $50/year

____New ____ Renewal _____

Hosehold Member, $20/year
(2nd person, same household) _____

I would like to make a contribution _____

Total Amount Paid _____

* ___ I would like to volunteer

Fitness Weekend Entry Form

Last Name _____

First Name _____

Street Address _____

Street Address (cont.) _____

City _____ State ____ Zip _____

Age on Race Day _____

Phone Number (____) _____-_____

E-Mail:_____

__Male __Female Shirt Size: S M L XL
(circle one)

__Visa __MC # _____ exp. date_____

Deadline: Advance Registration postmarked by 3/10/03

Make checks payable to: Fifty-Plus Fitness Association
and send completed entry form to:
Fifty-Plus Fitness Association
Box 20230, Stanford CA 94309
or fax with VISA/MC number and exp. date to (650) 323-6119.

Fitness Weekend Hotline (650) 323-6160
e-mail: info@50plus.org website: www.50plus.org
on-line registration: www.active.com
We are sorry that we cannot provide refunds.

WAIVER: I, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims against Stanford University, the Fifty-Plus Fitness Association, the Stanford Center for Research in Disease Prevention, 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 8K Run, 4 Mile Fitness Walk, 5K Racewalk, 15 Mile Bike Ride, Inline Skate, Swim or Multi-Generation Relays held on Sunday, March 16, 2003. I also give my permission for the free use of my name and/or photograph in any broadcast, telecast, newsprint, or any other 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 _____