

## WALK 100 CLUB

**Y Members-FREE**

**Guests-\$75 for one year  
\$25 for 3 months**

- **Begin anytime during the year that you want.**
- **Walking available at the Dalton Y. Call for times during different seasons.**

Thank you to our Gold Sponsors:  
J. M. Smucker Company

Thank you to our Publicity Sponsors:

Brenn-Field Nursing Center  
Dunlap Community Hospital  
Humana Market Point Insurance  
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Email:

[info.ymca@zoominternet.net](mailto:info.ymca@zoominternet.net)

Website:

[www.orrvilledalton-ymca.org](http://www.orrvilledalton-ymca.org)



**A Partner Agency**

# Walk 100



### **Orrville**

330-683-2153  
1801 Smucker Rd.  
Orrville, OH 44667  
Fax: 330-683-0068

### **Dalton**

330-6821033  
100 N. Kurzen Rd  
Dalton, OH 44618  
Fax: 330-682-0066



**For Youth Development,  
For Healthy Living,  
For Social Responsibility**

# Walk 100 at



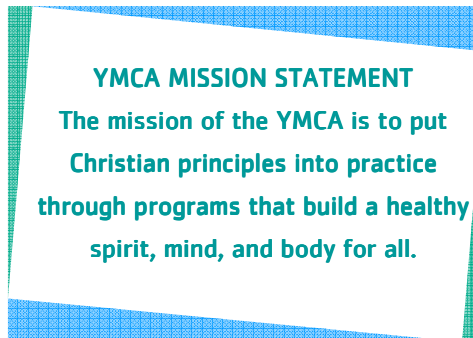
1. Keep track of your mileage on your own or at the front desk.
2. Walkers will receive a free YMCA t-shirt at 100 miles, 500 miles and 1000 miles.

## Walk 100 Club

16 laps in Dalton Y Gym=1 mile

10 laps in Dalton Y building=1mile

**There is no time limit to earn your T-shirt, so join today!**



Name of Walker \_\_\_\_\_

Birthdate \_\_\_/\_\_\_/\_\_\_

Address \_\_\_\_\_

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

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

Evening Phone \_\_\_\_\_

Y Member? \_\_\_ Full \_\_\_ Guest

Special health needs/special requests

In emergency contact:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Relationship \_\_\_\_\_

T-shirt size \_\_\_ Adult Sm \_\_\_ Med  
\_\_\_ Large \_\_\_ XL \_\_\_ XXL

Beginning Date \_\_\_/\_\_\_/\_\_\_

Ending Date \_\_\_/\_\_\_/\_\_\_

*For Office Use Only*

Attach Par-Q form and put in Walk 100 file

Date Completed 100 Miles \_\_\_/\_\_\_/\_\_\_  
500 Miles \_\_\_/\_\_\_/\_\_\_