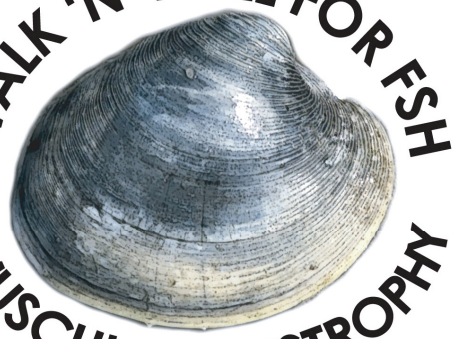
WALK 'N' ROLL FOR FSH MUSCULAR DYSTROPHY



Cape Cod
Oct. 10, 2009

Please help "Unlock the Code"

1st Annual Walk 'n' Roll for FSH MD To benefit the FSH Society

12:00pm Late Registration & Check-In
1:00pm Walk 'n' Roll Begins

REGISTER:
Mail or fax your completed registration form & fee to:

FSH Society, Inc.
64 Grove Street
Watertown, MA 02472
ATTN: Walk 'n' Roll

Fax 617.658.7879

FOR MORE INFO:
Contact Rich Holmes at richwh@comcast.net, or the FSH Society at info@fshsociety.org.

www.fshsociety.org

The FSH Society is an independent 501(c)(3) non-profit and tax-exempt organization.

COURSE INFO:

The course is approximately 2 miles and runs along the Cape Cod Rail Trail. The Walk 'n' Roll starts at Stony Brook Elementary School on Underpass Road in Brewster, MA, and ends at the entrance to Nickerson State Park.

Participants who wish to go only part of the distance can be picked up at the intersection of the Cape Cod Rail Trail and Thad Ellis Road; about a third of the route.

Parking and accessible bathroom facilities are available at Stony Brook Elementary.

SIGN-UP & SPONSOR INFO:

Complete the registration form below and mail or fax it back to the FSH Society.

Bring your sponsor form and collected pledges with you the day of the event.

All registered walk 'n' rollers raising $50 or more will receive an event t-shirt.

Help make this fundraiser a huge success!

Raise money for the Society by Shopping at Shaw's!
Shaw's will contribute 1% of eligible purchases to the FSH Society. It's easy to join! Visit www.fshsociety.org for information on how to enroll.

SPONSOR FORM

Collect donations in advance and bring with you to the walk. Make checks payable to the *FSH Society.*

Name & Address	Donation

Photocopy form if more space is needed

REGISTRATION FORM

Complete this registration form today.

Name _____ Phone _____ Email _____

Address _____ City_____ State _____ Zip _____

☐ Yes, I plan on walking or rolling. Attached is my $25 registration fee.

▫ My check made payable to the *FSH Society* is enclosed ▫ Please charge the registration fee to my credit card:

VISA MC AMEX DISC Card #: _____ Exp ___/___ Signature: _____

☐ Yes, I plan on walking or rolling. I will raise at least $125; please waive my registration fee.

☐ I am unable to participate, but I have attached a donation of $_____

Waiver and Release of Liability

I hereby waive all claims against the FSH Society, Inc., event sponsors, and any personnel for any injury I might suffer in this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate news stories and promotions.

Signature _____ Date_____