



spring STRUT STRIDE

It's
time
to
step
out!



FreePost Authority Number 108734



Organised by:



Spring Strut Stride
c/ - Heart Foundation NN
PO Box 535
Nelson 7040

Here's how to

spring STRUT STRIDE

26 September to 6 November 2009

PUSH PLAY
30 MINUTES A DAY

This is your chance to have fun with friends, family or workmates and be in to win some great prizes.

Spring Strut Stride is a game for teams of up to 10 people. If you have more than 10, make two teams.

Each team sets a walking goal, for example, the length of the South Island. Each walk a member of your team does in a month adds to the total.

Just think – each time you walk to a café for a coffee with your friends, or each time you walk the kids to the playground, you're getting closer to your goal.

- Step 1** Get a team together – up to 10 members (your family/whanau, friends, work mates etc).
- Step 2** Choose a captain.
- Step 3** Create a team name.
- Step 4** Complete this registration and forward by **Monday 21 September 2009.**
- Step 5** Receive your *Spring Strut Stride* kit.
- Step 6** Email weekly team distance update. Team members to your captain. Captains email team total to averilw@nhf.org.nz.
- Step 7** Tell us a fun, odd or interesting story about your team and/or send in a team photo and you could win a prize.
- Step 8** Complete and send in your team chart by 13 November 2009.

you can register any time

Registration Form

Please forward your registration so we receive it by 21 September 2009.

Team name: _____

Who is in your team? (tick boxes)

- Family/whanau Friends Neighbours
 Workmates Club/social group Other

Team captain: _____

Email: _____

Phone: _____

Postal: _____

How many in your team? _____

How did you find out about Spring Strut Stride?:

Support the Heart Foundation

You're invited to become a HeartRacer to help the Heart Foundation 'win' the race against heart disease. Visit www.heartracer.org.nz or if you prefer you can send a donation to:

The Heart Foundation, P.O. Box 535, Nelson.

