



In the spirit of the Iditarod, CPS Heartbeats is sponsoring Idida Walk 2010. The objective is to walk, run, swim, spin, bike or roll 1,140 minutes, one minute for each mile of the Iditarod Dog Sled Race or approximately 30 minutes a day for 38 days. Idida Walk 2010 begins March 1, 2010 and ends April 16, 2010. The entry fee is \$20. Early registration by February 12, 2010 is only \$15. Upon registration, you will receive a log sheet to record your minutes and a long sleeve t-shirt. After completing 1,140 minutes, return your log sheet to receive your certificate and become eligible for prizes. **Four finishers' names will be drawn and they will receive \$50 each!** All completed log sheets must be returned by April 23, 2010. All proceeds will be used to fund future CPS Heartbeats' events.

- Who:** All Chesapeake Public School Employees and Retirees
What: Walk a total of 1,140 minutes March 1 - April 16, 2010
Where: Your favorite place to walk
When: March 1, 2010 - April 16, 2010
Cost: \$20 (*Registration deadline is March 12, 2010*)
 \$15 (*Early registration deadline is February 12, 2010*)

Name: _____

I understand that walking is a potentially hazardous activity. I should not enter the event unless I am medically able and properly trained. I assume all risks associated with walking in the event including, but not limited to; falls, contact with other participants, the effects of the weather including heat, cold, humidity, traffic, conditions of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Chesapeake Public Schools and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event.

Signature: _____

School/Facility: _____

Email Address: _____

T-shirt Size: Adult Adult Adult Adult Adult
 Small Medium Large X-Large XX-Large

***PONY TO DON BRADFORD AT SAB
 WITH YOUR CHECK PAYABLE TO "CPS" (NO CASH) ATTACHED
Registration deadline is March 12, 2010!***