

STEP UP TO HEALTH!

Come join us! APRA's 60th Annual Conference & Expo has more to offer than ever before!

Education sessions, workshops, socials, a vibrant tradeshow, golf tournament, silent auction, inspirational keynote speakers, networking galore, a fabulous resort, boards & commissions day, the return of the director's round table, and awards to honor your excellence – we've got it all!

NEW!! This year, we now offer you a chance to kick off your fitness routine and step-up to health! APRA's 1st Annual 5K Fun Run & Fitness Walk, a Moonlight Paddle, a Morning Stretch and a Black Light Hike.



ARIZONA PARKS & RECREATION ASSOCIATION
1422 N. 44th St., Ste. 211
Phoenix, AZ 85008

www.azpra.org

STEP UP TO HEALTH 2010

APRA 60TH ANNUAL CONFERENCE & EXPO



APRA 1st Annual 5K & Fitness Program

Get the fitness package
for just \$45



ALL NEW!!

WEDNESDAY, SEPTEMBER 1, 2010

***DON'T FORGET TO SIGN UP FOR GOLF!**

7:00 PM Moonlight Paddle (2 hours)

Tempe Town Lake—transportation provided

Meet in front of conference hall for shuttle

Only 30 Available!

THURSDAY, SEPTEMBER 2, 2010

6:30 AM Morning Stretch (30 mins)

Marriott Garden Lawn (behind R Bar)

\$2 mat rentals available

9:00 PM Black Light Hike

Mummy Mountain Trail

Meet at entrance to spa off Mummy Mt Rd.

FRIDAY, SEPTEMBER 3, 2010

6:30 AM 5K Fun Run & Fitness Walk START

Enjoy this fun & scenic turn around route. Participants meet at the Marriott spa. Parking available at spa. Course is non-certified and will not be timed. Water provided at start/finish line. All 5K participants will get a race water bottle! Winners will receive awards and a prize.

Physical Location:
JW Marriott Camelback Inn Resort & Spa
5402 E Lincoln Dr
Scottsdale, AZ 85253



REGISTRATIONS ACCEPTED AT:

APRA Office - 1422 N. 44th St., Ste 211

On site - Registration desk, conference hall

Fax: 602-335-1965 of e-mail apra@azpra.org

No on line registration or day of race!!

5K AWARDS:

- 5K Fun Run Divisions—1st, 2nd and 3rd place Male & Female runners
- Best Dressed/Theme/Costumed Individual
- Largest Group Entry—All Participants must cross the finish line

Be one of the first 30 to register for the APRA *Fitness Package and receive a special APRA Conference T-shirt! Packages include ALL four fitness socials for a \$10 discounted rate.

*ONLY 30 packages available to conference registrants! Sign up now!

Arizona Parks & Recreation Association

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Phoenix, AZ 85008

Phone: 602-335-1962
Fax: 602-335-1965
E-mail: apra@azpra.org
Web: www.azpra.org

ONE ENTRY FORM PER PERSON/PLEASE PRINT

Name: _____ Organization: _____

Address: _____ City: _____ State: _____ Zip: _____

Work Phone: _____ Emergency Contact: _____

*Fitness Package: \$45 _____ 5K \$15 _____ Moonlight Paddle \$30 _____ Black Light Hike \$5 _____ AM Stretch \$5 _____

5K ONLY: _____ Walk _____ Run _____ M _____ F _____ AGE _____ Group Entry _____

In consideration of you accepting this entry, you understand to be legally bound hereby, by himself, my heirs, my executors and administrators, waive and release any and all rights for damages I may have against Arizona Parks & Recreation Association, the Marriott, or any individuals associated with the events, their representatives, successors and assignees for any and all injuries suffered by me in said event, I certify that I am in good physical condition and am capable of participating in the events I have selected above.

Signature (Parent or Guardian if under 18) _____

Payment Type: Cash/Credit/Check # _____

Name on card: _____ Date: _____ Amt: _____

Credit Card # _____ Exp Date: _____ Make Checks payable to APRA