

10th Annual Shelley Houghton Memorial Walk-A-Thon for C.O.P.D.

Saturday, October 5, 2019

Start/Finish Location

Covina Park, Covina, California on 4th Ave between San Bernardino Rd and Badillo St, adjacent to Inter-Community Hospital. Look for 'Walk-A-Thon For COPD' banner. Please be aware of parking restrictions on the east side of 4th Street.

- 8:30 AM Registration opens
- 9:30 AM Walk begins
- 11:00 AM BBQ begins

Walking so others can breathe . . . and because we care!

- Walk Route: .6 mile route on the sidewalks around Covina Park or a 1/4 mile walking path inside Covina Park. We want to make it easy for you to join us for a fun morning of walking! Instead of raising money on a "per lap" or "per mile" basis, we are asking participants to request sponsorship to walk or make a donation themselves.

Opportunity Drawings - winners will be notified at the conclusion of the event

- Walkers can earn one ticket for each \$25 donation turned in on the day of the event for an opportunity to win a prize.
- Drawings OPEN TO PARTICIPANTS to win raffle prizes. You may purchase tickets at the event.

Winners need not be present to win.

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Breath Savers
Cope Don't Mope

Shelley Houghton Memorial
Walk-A-Thon for C.O.P.D.
Chronic Obstructive Pulmonary Disease

SUPPORTING
Breath Savers
Cope Don't Mope

WALKING SO OTHERS CAN BREATHE...
BECAUSE WE CARE!

Walk Distance: 1/4 mile dirt track, or 0.6 mile sidewalk

No Registration Fees

Free t-Shirts for registered walkers (while supplies last)

Registration/Check In : 8:30 - 9:30 AM , Walking from 9:30 - 11:00 AM

Opportunity Prize Drawings and Grand Prize Drawings

Special Drawings for Pledge Donations of \$25 or more

BBQ Lunch served from 11:00 AM (\$7.00 w/drink)

Saturday, October 5th
Covina Park