



Indiana University-Purdue University Fort Wayne Athletics Department
2101 East Coliseum Boulevard
Fort Wayne, IN 46805-1499
Attention: Walk the Talk



Tapestry: A Day for Women is a day of inspiration, renewal and education for women in all stages of life. Celebrate the fabric of women while raising funds for women's scholarships at IPFW.

Since its beginning in 2002, Tapestry has raised nearly \$300,000 and awarded \$41,000 in scholarships.

The Tapestry Walk the Talk women's social walking group was inspired by the thousands of women who have attended Tapestry since 2002. Tapestry women want to be healthy; they enjoy talking with other women; and they want to learn. Walk the Talk strives to continue the positive energy of Tapestry throughout the year and encourage a healthy lifestyle for all women.



 **PARKVIEW**
WOMEN'S HEALTH CENTER
www.parkview.com



More Information:

Call: (260) 481-6647

Email: Tillapau@ipfw.edu

Web: www.ipfw.edu/tapestry/

IPFW is an Equal Opportunity/Equal Access University



Tapestry
A day for women

WALK THE TALK

**Women's Social
Walking Group**



Train for the Fort4Fitness
4-mile walk ...
and have a great time doing it!

June 15 - September 23

www.ipfw.edu/tapestry/

Event

A no-pressure, social group for women 18 and over that are beginning walkers.

Time

Two available meeting times:
Come to one or both!
Tuesdays: 9:00 AM
Thursdays: 6:00 PM

Where

IPFW
A one-mile loop on IPFW's campus with restrooms and stopping points along the way.

Registration

Registrations accepted through June 8th or until the first 100 women are registered. Once payment is received, you will be sent via email/mail a starter kit with more details to confirm registration.

Safety

IPFW University Police provide a safe and patrolled area. Emergency phones are located along the route.

Fee

\$10.00 per woman.
Cost is non-refundable.
Weekly gift drawings.
"Walk the Talk" shirt to everyone who attends 13 out of 15 weeks.

General Information:

Create positive habits that will change your life!

You can do it!



Challenge yourself to finish the Fort 4 Fitness 4-miler on September 25th

Register for Fort4Fitness at:
www.fort4fitness.org

Join women from around Fort Wayne to socialize and exercise!

Each session will include warm-up and fitness walk as well as a focus on a specific tip for success from local health care professionals.

Weekly topics include:

- Core strength
- Clothing and shoe selection
- Injury prevention
- Skin care
- Nutrition
- Time management
- Motivation ...and more!

Bring a friend!

Return Registration Form to:
Indiana University-Purdue University Fort Wayne
Athletics Department
2101 East Coliseum Boulevard
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WALK THE TALK

Registration Form: Please print clearly
Registration forms accepted through June 8, 2010 or until the first 100 women are registered

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Date of Birth: _____

Meeting time I plan to attend:

Tuesdays, 9:00 AM: _____

Thursdays, 6:00 PM: _____

Tuesdays and Thursdays: _____

Payment: Cash or Check. Checks made to IPFW.

\$10.00 per individual

Total Payment Included: _____

Waiver: I know that training for a road race is potentially hazardous. I shouldn't enter and run or walk unless I am medically able and properly trained. I agree to abide by an decisions of training leaders relative to my ability to safely complete the walk. I assume all risks associated with participating in this event including, but not limited to falls, contact with others, weather effects, including heat and or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. For my safety I understand that bicycles, skateboards, roller skates/blades, and animals are not allowed on campus and I will abide by these guidelines. Having read this waiver and knowing these facts and by consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release IPFW, Fort Wayne Cardiology, Parkview Health Network and Fort4Fitness, and all of their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event through that liability may arise out of a negligence or carelessness on the part of the persons named in this waiver.

Signature _____

Date _____