

**BROUGHT TO
YOU BY:
HAVASU
HEALTH
WALK
CHALLENGE**

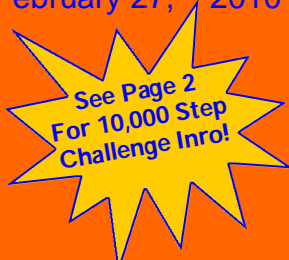
HHWC Committee:

Carla Emery
Erin Engel
Nichia Flick
Jackie Lord
Zetta Marks
Cheryl MacLean
Connie McDaniel
Carol New
Linda Scoles
Pat Tenney
Sandy Webber

Events:

'10 ROC Workshop
December 12, 2009
10:00AM
MCC, Room 818

'10 ROC Havasu!
February 27, 2010



Under the umbrella of
**Havasu Community
Health Foundation**

Located in
The Shambles Village
2126 McCulloch Blvd., Unit 7
P O Box 1410
Lake Havasu City, AZ 86405
Phone: 928 453 8190

Walkin' Talk



Vol.2 Issue 10

GET ON YOUR FEET!

December, 2009

2nd Annual Get on Your Feet 5K A Grand Success!



The '09 Get on Your Feet 5K was a huge success! 100 walkers graced the sidewalks of Rotary Park all the way to the end of the walk on the Channel! Participants included parents with children, and grandparents with grandchildren. Youth and seniors (and all ages between) donned their race bibs to "Get off the couch and on their feet!" 61 of these walkers put on their free pedometer (provided by State Farm Ins. Deborah J. Miller, agent) and signed up for the 10,000 step walking program which will run through February 13, 2010. After the walk was over 43, walkers took a paddle on the lake with the Lake Havasu City Outrigger Canoe Club. This was a great opportunity to experience an excellent, unique form of exercise! Project Give's shoe barrel was practically full of shoes for the less fortunate through their Soles4Soles program.

Congratulations to the Robert and Jennifer Warfel family for winning the huge Exercise raffle Basket!

Thank you to all of the walkers who participated in our after event survey! We received many responses and lots of wonderful comments that makes us smile! Here are just a few: "Have more events like this", "well organized", " great for hanging out with friends"! Only mention of a problem was sand and water on the sidewalk! Sharing this type of information lets us know what we do right and how it can be even better!

We thank David Vidad and all his paddlers, Mark Cowper and the Project Give kids from Daytona Middle School, Parks and Recreation, for the inflatable obstacle course and The Organic Produce Gals for the yummy apples!

We hope the accomplishment from finishing this walk, and knowing you can do it, will inspire you to join us for the 2010 ROC Havasu!



Community Corner

Team wanted!

Mary is looking for a team or team members to join her for the '10 ROC! She is a 50+ avid walker. She has a competitive spirit and wants to walk the ROC! Please contact Jackie by emailing your interest in walking with Mary at teamwanted@msn.com. Jackie will connect you with Mary!

Anyone interested in a team or wanting to fill a team, Email me and I will find a match for you!

'10 ROC workshop! Dec. 12 at MCC room #818 at 10:00 AM.

Refresh your knowledge of the ROC or learn about this great event for the first time! Receive tips on effective and efficient walking, how to purchase good walking shoes, all you need to know about teambuilding and how to have a successful and fun ROC experience!

December ROC Leg Walks:

(meeting time for leg walks is 6:40 AM)

Dec. 12- Leg# 3(revised) meet at Rotary Park swimming area parking

Dec. 19- Leg#4 meet at Old Island Airport Parking lot

January ROC Leg Walks:

Jan. 2- leg #5 meet at Windsor Beach North Lot

Jan. 9- leg #6 meet at North Park parking Lot

Jan. 16-leg #7 meet at Lake Havasu High School east parking lot

Jan. 23-leg #8 meet at Campbell Ranch

**Be sure to
Take advantage
Of the ROC
Team discount!
Register by
December 31, 2009**



Sandy's stuff: 10,000 Step Resolution!!

Many of us are always "on the go," yet do not meet even the recommended minimum of 30 minutes a day of physical activity. Despite research supporting the value of habitual physical activity, national data indicates that in 2006, only 30% of American adults achieved the recommended amount of physical activity. The health benefits of exercise are countless. Gradually adding physical activity, like walking, elevates mood, decreases stress, improves self-esteem, increases energy, reduces high blood pressure, and reduces body fat, all of which can help prevent or control heart disease. Walking requires no equipment or special clothing other than a good pair of walking shoes.

The Havasu Health Walk Challenge, with the help of State Farm Insurance, Deborah J. Miller, agent (who provided the pedometers) are proud to announce the **10,000 Step Challenge**.

The first 7-week session is already underway, but **there is still time to sign up for the second, 7-week**

challenge! This 7-week challenge would be perfect for those who are visiting Lake Havasu during the winter months and for those of you who just "missed" signing up for the first session at the "Get On Your Feet" 5k.

Second session sign-ups will be taken through December 24. The second session challenge begins on December 26 or as long as the pedometer supply lasts. You can also sign up if you have your own pedometer and want to join the fun! Sign up at the Havasu Community Health Foundation located at 2126 McCulloch Blvd. #7. When you sign up you will receive a free pedometer and a log sheet for recording the number of steps you take daily. At the end of the Challenge (February 13) there will be recognition for those who complete the program and special awards for those who take the challenge to heart, persist and improve. The prize awards will be given in three categories: Under age 12, 12 and older and family groups. The recog-

nition will take place at the finish of '10 ROC Havasu! February 27, 2010.

Logging your number of steps daily during the first week will be very revealing and you will get a good idea of your level of activity. Work up gradually to 10,000 steps. If you only walk 3,000 steps per day, it's unreasonable to think that you'll triple your daily exercise! In order to successfully integrate the 10,000 step program into your life, you need to increase the number of steps gradually. Don't demand too much from yourself. Start by increasing your steps by 500-1,000 in a week. Take an extra 250 steps a day. Add another 250 steps halfway through the week. Before you know it, you'll work up gradually to 10,000 steps, and you'll be more likely to sustain the program.

This is fun, It's easy and is a perfect way to set and achieve a New Year's resolution!! Any question on the 10000 step challenge. please email Sandy at slmwebber@hotmail.com.

Walker of the Month Angie Decherty



Angie Decherty is our walker for December. She has lived in Havasu for over 20 yrs. She was born in Massachusetts but traveled a lot as her husband was in the Coast Guard. Angie's son, Tom, and his wife, Annett, also live in Havasu. She also has 2 daughters, Debbie & Evelyn and grandchildren Serena, Evelyn, Brian & Sean.

Angie says she has been walking forever. She is walking 2-3 miles 5 days a week & also does the stairs with her friend Leroy & many other Rotary Park walkers. Other than a knee replacement, she has enjoyed good health. She feels walking has helped her knee and her health.

Angie loves walking at Rotary Park & says it makes her feel good & has lots of fresh air. She has a lot of special friends & looks forward to all the hugs she receives daily. Angie is such an inspiration to me & others who know her. Join Angie & all the other great walkers & "Get on Your Feet"!!!

Editor: Jackie Lord

Contributors:

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Linda Scoles

Contact Jackie Lord

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bunsroses@frontiernet.net



Havasu Health Walk Challenge

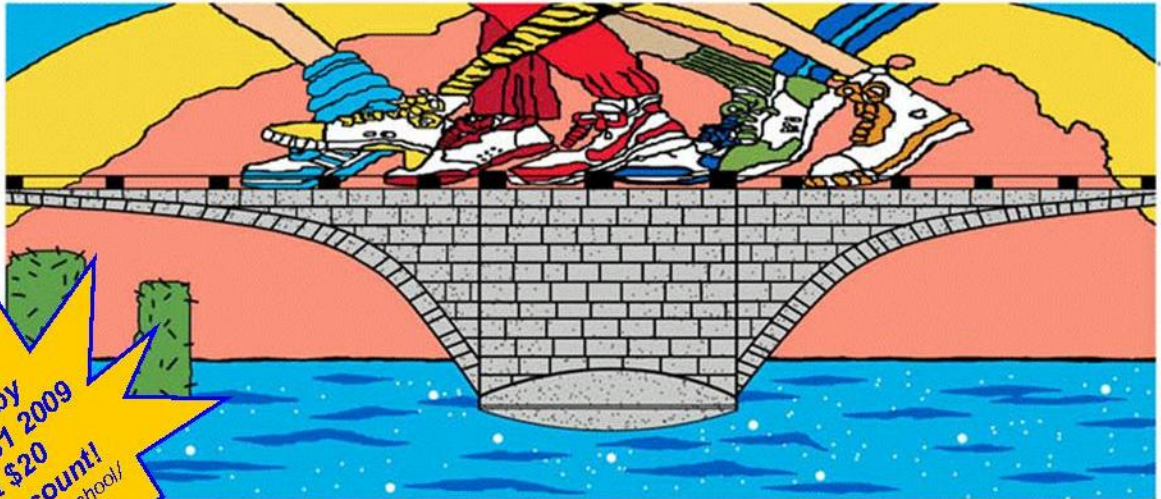
Chairperson:
Jackie Lord

Committee:

Nicha Flick
Cheryl Maclean
Zetta Marks
Connie McDaniel
Lori Miller
Carol New
Linda Scoles
Pat Tenney
Sandy Webber

**Invites You, Your Friends & Associates
to**

**“ROC Havasu!!!”
February 27, 2010**



**Register by
December 31 2009
to get \$20
Team Discount!**
(excludes middle school/
high school)

**This 3rd Annual
Relay of Celebration**

Is a 30+mile, 4-person-team, walk-only

Relay

Registration Deadline is January 29, 2010

Team Registration Fee—\$160

All High-School/Middle School Team Registration Fee—\$40



Under the
Umbrella of
Havasu Community
Health Foundation
Located in
The Shambles
2126 McCulloch Blvd
Unit 7
P O Box 1410
Lake Havasu City, AZ

**For more information, call 928 505 2856,
e-mail bunsroses@frontiernet.net, or visit the HCHF Offices at
2126 McCulloch Blvd, Unit 7 in The Shambles
For registration forms, and a schedule of event workshops,
Visit www.havasucommunityhealth.org
Register on-line at www.rochavasus.eventbrite.com**

'10 Relay of Celebration



3rd Annual ROC Havasu!!



Presented by:
**Havasu Health
Walk Challenge**

Registration/ Substitution Form

Under the umbrella of
**Havasu Community
Health Foundation**



Registration Deadline is January 29, 2010. Registration fees are non-refundable
 Mail to: Havasu Community Health Foundation, P. O. Box 1410, Lake Havasu City, AZ 86405
 Deliver to: 2126 McCulloch Blvd., Unit 7, Lake Havasu City, AZ 86403
 For more information, call (928) 453 8190 Monday-Friday 9:00 AM to 5:00 PM or visit www.havasucommunityhealth.org

**\$20 Team
Discount if Rec'd
By Dec 31 '09**

Check one: Team Member Or Substitution for: _____ Team # _____

Team Name: _____ Captain's Name: _____

Team Member or Sub Name (Check Box above) _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ E-Mail _____

Gender: Male Female Sponsor Name (if applicable) _____

Select One (T-shirt size) Small Medium Large X-Large XX-Large XXX-Large

Age as of 2/27/10 _____ Average time per mile: _____ Minutes: _____ seconds

If your team will be participating in competition, select one category, using age of youngest member:

- | | | | |
|---------------------------------------|--|--|---|
| Open (under age 40) | Magnificent Masters (age 40+) | Supreme Masters (age 50+) | Ultimate Masters (age 60+) |
| <input type="checkbox"/> All Men's | <input type="checkbox"/> Men's Magnificent Masters | <input type="checkbox"/> Men's Supreme Masters | <input type="checkbox"/> Men's Ultimate Masters |
| <input type="checkbox"/> All Women's | <input type="checkbox"/> Women's Magnificent Masters | <input type="checkbox"/> Women's Supreme Masters | <input type="checkbox"/> Women's Ultimate Masters |
| <input type="checkbox"/> All Mixed Up | <input type="checkbox"/> Mixed Magnificent Masters | <input type="checkbox"/> Mixed Supreme Masters | <input type="checkbox"/> Mixed Ultimate Masters |

Middle School—High School (with student card) NON COMPETITIVE—We got on our feet!

_____ Team(s) @ \$160 \$ _____ For Early Discount \$ -20.00 Pay by Dec 31, 2009 (discount excludes middle school/high school) Middle/High School _____ Teams @ \$40 \$ _____ Total Paid or Authorized \$ _____	<p style="text-align: center;">Method of Payment:</p> <input type="checkbox"/> Cash <input type="checkbox"/> Check or Money Order <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard _____ <div style="display: flex; justify-content: space-between; font-size: small;"> Card No. _____ Exp. Date _____ </div> Name on Card: _____ Signature: _____ Date: _____
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I know that a walk relay, regardless of the distance, is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a relay official relative to my ability to safely complete this relay and I further agree that relay officials may authorize necessary emergency treatment for me. I also understand that police protection will not be provided, and both vehicle traffic and spectators will be present along the course and I assume the risk of walking under such conditions. I further assume any and all other risks associated with participating in the 2009 RELAY OF CELEBRATION (ROC) (hereinafter "the event") including, but not limited to, illness, traveling to and from the event, falls, contact with spectators or other participants, the effects of the weather (including temperature extremes and humidity) and the surface condition of the roads, 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 hereby for myself, my heirs, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Havasu Community Health Foundation, Relay of Celebration (ROC), Havasu Health Walk Challenge, the City of Lake Havasu City, State of Arizona, County of Mohave, officers, directors and employees of the aforementioned, relay officials, volunteers and any and all other sponsors, suppliers, agents, independent contractors, employees and any other personnel in any way assisting or connected with this event from any and all claims or liability of any kind or nature whatsoever arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or parties named in this waiver. I consent and agree to any and all medical treatment the event coordinators and/or their agents may provide on my behalf in the event I am incapacitated and/or in any way unable to arrange or consent to my own medical care at the time of illness or injury. I will assume and pay for my own medical and emergency expenses in the event of an accident, illness or other incapacity, and I am physically able and sufficiently trained to participate in this event. I grant permission that photographs, motion pictures, recordings or other depiction of this event in which I may appear may be used for any legitimate purpose.

Signature of Participant: _____ Date _____

If minor (under age 18), Parent or Guardian Signature: _____ Date _____

THIS FORM CAN BE PHOTOCOPIED