



It's  
time  
to  
**step  
out!**



FreePost Authority Number 108734



**Organised by:**



Spring Strut Stride  
c/ - Heart Foundation NN  
PO Box 535  
Nelson 7040

# Here's how to

# spring STRUT STRIDE

27 September to 7 November 2008

**PUSH PLAY**  
30 MINUTES A DAY

**This is your chance to have fun with friends, family or workmates and be in to win some great prizes.**

Spring Strut Stride is a game for teams of up to 10 people. If you have more than 10, make two teams.

Each team sets a walking goal, for example, the length of the South Island. Each walk a member of your team does in a month adds to the total.

Just think – each time you walk to a café for a coffee with your friends, or each time you walk the kids to the playground, you're getting closer to your goal.

- Step 1** Get a team together – up to 10 members (your family/whanau, friends, work mates etc).
- Step 2** Choose a captain.
- Step 3** Create a team name.
- Step 4** Complete this registration and forward by **Monday 22 September 2008** to receive a Walk Tasman or Nelson booklet.
- Step 5** Receive your *Spring Strut Stride* kit.
- Step 6** Tell us a fun, odd or interesting story about your team and/or send in a team photo and you could win a prize.
- Step 7** Email weekly team distance update.
- Step 8** Complete and send in your team chart by 14 November 2007.

[www.way2go.org.nz](http://www.way2go.org.nz)

## you can register any time

### Registration Form

If you register before Monday 22 September 2008 you will receive either a Walk Tasman or Walk Nelson booklet. You can choose to be part of an inter team challenge where you can compete against other teams. We will update teams by email on events and activities throughout, or you can check out [www.way2go.org.nz](http://www.way2go.org.nz).

Team name: \_\_\_\_\_

Who is in your team? (tick boxes)

- Family/whanau     Friends     Neighbours  
 Workmates     Club/social group     Other

Do you want to be part of the inter-team challenge Yes   
No

Team captain: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Postal: \_\_\_\_\_

Indicate your preference:  Walk Nelson     Walk Tasman  
Remember we must receive these prior to 22 September to qualify.

How many in your team? \_\_\_\_\_

How did you find out about Spring Strut Stride?:  
\_\_\_\_\_

You can support the Heart Foundation to continue it's fight for heart health for all New Zealanders by forwarding a donation by post to :

**The Heart Foundation, PO Box 535, Nelson.**

