



1ST ANNUAL STROKE AND STRIDE FOR COMMON CUP MINISTRY, INC.

LAP SWIM, WALK THE LAZY RIVER AND/OR DO A 5K WALK
SATURDAY, AUGUST 18, 2018 8:00 A.M. – 11:00 A.M.
HUTCHINSON AQUATIC CENTER

\$50 per person \$100 family maximum

All proceeds will be used for Outreach Ministry programs of Common Cup Ministry, Inc.

REGISTRATIONS TO BE SENT OR DROPPED OFF AT CCM OFFICE

105 2ND AVE SW HUTCHINSON 55350

For more information please call Ralph Johnson 320-587-6733 or Bev Bonte 320-234-8344

NAME _____

EMAIL _____

PHONE # _____

MAILING ADDRESS _____

**DUE TO THE LIMITED NUMBER THAT CAN USE THE WATER AT ANY ONE TIME PLEASE
INDICATE YOUR PREFERRED TIME SLOT (1-3) FOR LAP AND/OR LAZY RIVER
YOU MAY PARTICIPATE IN BOTH WATER EVENTS BUT NUMBER YOUR PREFERENCE
ACCORDINGLY**

WE WILL NOTIFY YOU OF YOUR ASSIGNED TIME SLOTS VIA EMAIL

Lap Swim – ½ hour increments _____ 8-8:30 _____ 8:30-9 _____ 9:30-10 _____ 10-10:30 _____ 10:30-11

Lazy River Walk – ½ hour increments _____ 8-8:30 _____ 8:30-9 _____ 9:30-10 _____ 10-10:30 _____ 10:30-11

5K Walk – This will be a walk around the adjacent park area of the Aquatic Center. No time increments needed.

WE ENCOURAGE YOU TO SECURE SPONSORS FOR YOUR LAPS OR 5K

REGISTRATION DEADLINE: AUGUST 10, 2018