

Enjoy a beautiful course in the Cache  
La Poudre River Corridor Natural  
Areas, in north Fort Collins!

The event begins at  
Legacy Park, into the  
Salyer and McMurray  
Natural Areas, returning on  
Poudre River Trail.  
The Route will follow gravel and  
paved foot trails.

[www.fcgov.com/naturalareas](http://www.fcgov.com/naturalareas)

*This is not a timed event*



Walking for Wellness proceeds  
benefit the members of  
Spirit Crossing Clubhouse,  
A program serving adults  
working toward recovery.

Special thanks to our  
community partners

~ Rob Corbari Design



**NAMI CO -- Larimer County**

National Alliance on Mental Illness



#### Spirit Crossing Clubhouse

125 Crestridge Street  
Fort Collins, CO 80525

Phone: 970-493-4053

Fax: 970-221-0139

E-mail: [spirit.crossing@larimercenter.org](mailto:spirit.crossing@larimercenter.org)

## Walking for Wellness

"MENTAL WELLNESS IS A WHOLE BODY EXPERIENCE"



**4th Annual** | Fort Collins, CO  
October 2010

**October 9, 2010**

**9:00am**

Legacy Park, North Fort Collins Poudre  
River Trail and Natural Areas

## A program of



**Spirit Crossing Clubhouse** supports adults with Mental Health disorders as they pursue their personal, social, financial and vocational goals.

We believe one's wellness depends upon experiencing positive work opportunities, meaningful social relationships, having one's skills and talents needed by others and promoting independence through community involvement.

The Spirit Crossing community seeks to reduce the stigma of mental illness through community education and outreach.



Mental Illness Awareness Week  
October 3th to 9th

"Building Community, Taking  
Action"

Walk In early Registration  
available on Friday, October 8th  
3:00 to 6:00 pm at Spirit Crossing  
Clubhouse.

\$20 event fee

**Day of Event Registration will  
begin at 8:15am, cost is \$25**

Start time 9:00am, breakfast  
following course completion.

Mail Registration to:

125 Crestridge Street  
Fort Collins, CO 80525

Phone: 970-493-4053

Fax: 970-221-0139

E-mail:

[spirit.crossing@larimercenter.org](mailto:spirit.crossing@larimercenter.org)

## Pre-registration Form

**Entry includes t-shirt and breakfast**

Name \_\_\_\_\_

Name \_\_\_\_\_

|   | Quantity |         |
|---|----------|---------|
| <input type="checkbox"/> 5K entry                       | _____    | \$20.00 |
| <input type="checkbox"/> T-shirt Size M L XL            | _____    |         |
| <input type="checkbox"/> Additional T-shirts M L XL     | _____    | \$15.00 |
| <input type="checkbox"/> Additional T-shirt XXL or XXXL | _____    | \$18.00 |
|   | Total:   | _____   |

\_\_\_\_\_  
Mailing address

\_\_\_\_\_  
Phone or email

Method of Payment

☐ Check ☐ Cash

☐ Master Card ☐ Visa

\_\_\_\_\_  
Credit Card # Exp. date

\_\_\_\_\_  
Full Name of card holder 3 digit security code

\_\_\_\_\_  
Signature