

2ND ANNUAL

Bike/Walk-a-Thon



For **C.O.P.D.**

Chronic Obstructive
Pulmonary Disease



RIDING SO OTHERS CAN BREATHE...**WALKING** BECAUSE WE CARE!

Saturday, September 24, 2011
Covina Park

CHECK IN: **8:30 a.m.** at the Bandstand

START TIME: **9 a.m.**

BIKE DISTANCE: 30 miles max. (3 mile route around scenic Covina)

No Registration Fees

We want to make it easy for you to join us for a fun morning of biking or walking! Instead of raising money on a "per lap" or "per mile" basis, we are asking that riders or walkers simply request sponsorship to ride/walk or make a donation themselves.

**Call Community Wellness Services at (626) 814-2479
for registration and pledge forms.**

Supporting the "Breath Savers" Pulmonary Rehabilitation Program



CITRUS VALLEY MEDICAL CENTER

Inter-Community Campus

An Affiliate of Citrus Valley Health Partners