

ROCK 'N' WALK Registration Form

Employee Name: _____

Employee Number: _____

Department: _____

Work Number: _____

Employee Signature: _____

Date: _____

Who: County Employees

What: "ROCK 'N' WALK", employees need to walk for at least **30 minutes**. Participate and earn 100 Wellness Points!

When: Wednesday, March 20th, 2024, from **7:30 a.m. to 10:30 a.m.**

- **With prior Supervisor approval**, employees can use one hour of County time to participate in this event only. This hour must be used within your regularly assigned schedule. In addition, employees can use their Wellness Hour if available.

Where: **Bucklin Park**, 1350 S. 8th Street, El Centro, CA 92243.

- Registration Booth & meeting point, 8th Street parking lot entrance.

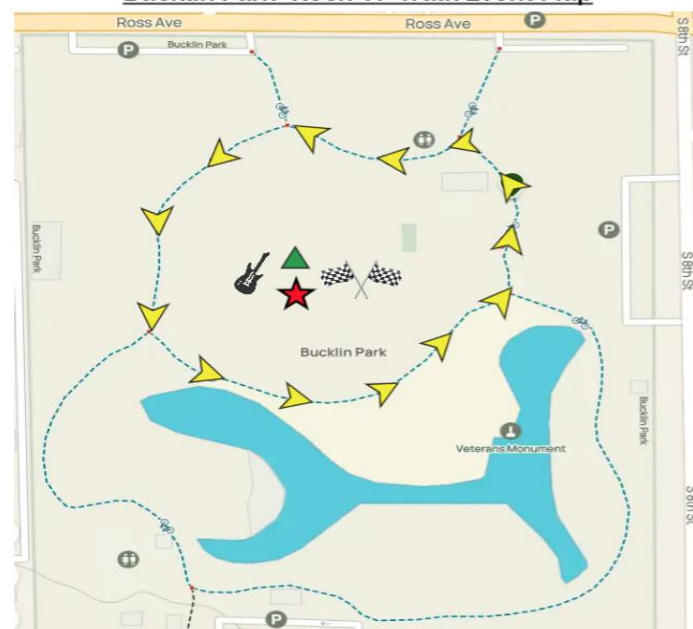
How to register for the event: Complete Registration form and submit at the time of event. Or pre-register and submit Registration form via email to **ceciliallamas@co.imperial.ca.us**.

Challenge: Gather your peers and walk for at least 30 minutes. Feel free to wear your favorite Rock 'N' Roll t-shirt, proper workout gear and comfortable walking shoes. Arrange to return to your work attire accordingly. Water will be provided. Don't forget your sunscreen!

Dog Friendly Hour: Employees are welcome to bring their socially adapted/well behaved dog from 7:30 a.m. to 8:30 a.m.

- Dogs must be on a leash at all times. **Please clean up after your dog.** Waste bags will be available.
- Make arrangements to take your dog home right after the event. Employees can also use their Wellness Hour for this purpose.

Bucklin Park- Rock 'N' Walk Event Map



The map shows Bucklin Park with a dashed blue line indicating a walking trail. Key locations marked include the Registration Booth (red star), PET Program Behavioral Health Booth (green triangle), Live Music by John Leo (guitar icon), and the Walking Trail (yellow arrow). The map also shows Ross Ave, S 8th St, and the Veterans Monument.

Rock 'N' Walk, 7:30 a.m. - 10:30 a.m.

- ★ Registration Booth
- ▲ PET Program Behavioral Health Booth
- 🎸 Live Music by John Leo
- ➡ Walking Trail

Dog Friendly Hour, 7:30 a.m. - 8:30 a.m.

- 🐕 Dogs must be on a leash at all times.
- Socially adapted dogs only.
- PLEASE clean up after your dog.
- Waste bags will be available.

Executive Race, 8:30 a.m. - 9:00 a.m.

Fun Run
QueenS VS Damsels in Damn Stress

Relay Race
Executive Connection VS Guns N Roses