



19th Annual WAMDA Fitness 5K Walk/Run to benefit The Food Bank of Western Mass
Health Fair at the Garden House and 5K Run/Walk through Look Park in Florence, MA

Health Fair Starts at 10AM - 5K Run/Walk at 11AM - Saturday March 3, 2012
Garden House at Look Park

USATF 5K Certified Course -Timing Chips - Prizes Awarded in All Age Categories

Mail-in Registration: \$20.00 On-line Registration: \$20.00 www.racewire.com Registration Day of Race: \$25.00

Mail registration forms payable to: WAMDA Fitness 5K, c/o Lisa Laprade
78 Masonic Street
Northampton, MA, 01060

For questions email: lisa.laprade@bhs.org

Name: _____ Age on 3/3/2012: _____ Sex: _____

Email _____ Phone number: _____

Mailing Address: _____

Emergency contact _____ Phone number: _____

Entry Fee Enclosed: \$ _____ + Additional Tax Deductible Donation: \$ _____ = Total Amount Paid: \$ _____

In consideration of this application being accepted, I hereby for myself, heirs, executors, and administration waive and release any and all rights and claims for damages I have against WAMDA and all other agencies, representatives, successors, and assigns for any and all injuries suffered at said event or while traveling to or returning from. I attest I am physically fit to compete in this event.

Signature of Participant (or Guardian if under 18): _____

Interested in receiving information from The Food Bank of Western Massachusetts? Y N Circle one
Interested in receiving information from Western Area Massachusetts Dietetic Association? Y N

For more information:
Look Park: www.lookpark.org
Western Area Massachusetts Dietetic Association: www.wamda.org
The Food Bank of Western Massachusetts: www.foodbankwma.org