17th Annual W.A.M.D.A. 5K Walk/Run

Western Area Massachusetts Dietetic Association
Celebrating National Nutrition Month!
www.wamda.org

Prizes, refreshments, health info, fun!
Donate a non-perishable food item!
Partial proceeds to feed the hungry!

When: **Saturday, March 6, 2010**
Health Fair from 10:00am to 1:00pm
Race Registration closes at 10:45am
Race Starts at 11:00am
Where: Garden House at Look Park Florence, MA Directions: www.lookpark.org

Pre-registration Fee: $17.00 **registration must be received by February 6, 2010 for discount price + T-shirt**
Registration Fee Day of the Race: $20.00

Send registration forms payable to WAMDA Fitness 5K, 42 Dry Hill Road, Montague, MA 01351
For questions email: mistellewarren@gmail.com

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Name:______________________________________ Age:____________ Sex:_________

Email (no spam, required for future Road Race info):______________________________

Mailing Address:____

Amount Enclosed (additional donations are greatly appreciated):____________________
(All donations are nonrefundable)

Please circle one: **Runner** **Walker**

T-shirt size (available for pre-registrants ONLY) **S** **M** **L** **XL**

Division sex: **Male** **Female**

Division age: **<20** **20-29** **30-39** **40-49** **50-59** **>60**

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):____