



**24th Annual WAMDA 5K Run/Walk to Benefit  
The Food Bank of Western Massachusetts**

Health Fair at the Garden House and 5K Run/Walk through Look Park in Florence, MA

**Saturday March 4th, 2017- Garden House Look Park  
Health Fair 10AM- 5K Run/Walk 11AM**

**USATF 5K Certified Course #MA12001JK -- Timing Chips  
Cash Prize for First Male and Female  
Prizes Awarded in All Age Categories**

**Performance long sleeve shirts (with size choice) for all online registration until January 31, 2017.**

On-line Registration only at [www.wamda5k2017@racewire.com](http://www.wamda5k2017@racewire.com) :\$20.00 until January 31<sup>st</sup>, \$25.00 Feb 1st-March  
2nd  
Registration Day of Race:\$30.00

Complete form below for race day registration:

-----  
Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age on 3/4/2017: \_\_\_\_\_ Sex: \_\_\_\_\_

Email \_\_\_\_\_ Phone number: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone number: \_\_\_\_\_

Number of years running this race \_\_\_\_\_

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. I understand that this event is held rain, snow, or shine and that there are no refunds.

Signature of Participant (or Guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

**For more information:**

Look Park: [www.lookpark.org](http://www.lookpark.org)

Western Area Massachusetts Dietetic Association: [www.wamda.org](http://www.wamda.org)

The Food Bank of Western Massachusetts: [www.foodbankwma.org](http://www.foodbankwma.org)

Bib number: \_\_\_\_\_