



**27th 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 7th, 2020-- Garden House Look Park  
Health Fair 9AM- 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, 2020.**

On-line Registration only at <https://racewire.com/register.php?id=11220>  
\$20.00 until January 31st  
\$25.00 Feb 1st-March 6<sup>th</sup> at 11 PM  
\$30.00 Registration Day of Race

Complete form below for race day registration:

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Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age on 3/7/2020: \_\_\_\_\_ 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)

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