



**22nd Annual W.A.M.D.A. 5K Run/Walk to benefit The Food Bank of Western Mass**  
Health Fair at the Garden House and 5K Run/Walk through Look Park in Florence, MA

**Sunday March 8th, 2015- 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**  
**T-Shirts for all online runners and walkers if registered by February 21, 2014**  
**Register online until March 5th**

On-line Registration [www.racewire.com](http://www.racewire.com) :\$23.00      Registration Day of Race:\$30.00

Complete form below for race day registration:

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Name: \_\_\_\_\_ Age on 3/8/2015: \_\_\_\_\_ 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)