



21st 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

Health Fair 10AM- 5K Run/Walk 11AM - Sat. March 1, 2014- Garden House Look Park

**USATF 5K Certified Course #MA12001JK -- Timing Chips
Cash Prize for First Male and Female
Prizes Awarded in All Age Categories
T-Shirts for all Pre-Registered Runners and Walkers
Pre-Registration Deadline: February 21, 2014**

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

Mail registration forms payable to WAMDA 5K, c/o Lisa Laprade, 78 Masonic Street, Northampton, MA, 01060
For questions email: wamda5k@gmail.com

Name: _____ Age on 3/1/2014: _____ Sex: _____

Email _____ Phone number: _____

Mailing Address: _____

Emergency contact: _____ Phone number: _____

Number of years running this race _____ T-shirt Size _____

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) _____

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