



**26th 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 2nd, 2019- 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, 2019.

On-line Registration only at <https://my.racewire.com/event/5982>: \$20.00 until January 31st, \$25.00 Feb 1st-March 2nd
Registration Day of Race: \$30.00

Complete form below for race day registration:

Name: _____ DOB: _____ Age on 3/2/2019: _____ 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

Western Area Massachusetts Dietetic Association: www.wamda.org

The Food Bank of Western Massachusetts: www.foodbankwma.org

Bib number: _____