



17th Annual W.A.M.D.A. 5K Walk/Run

Western Area Massachusetts Dietetic Association

Celebrating National Nutrition Month!

www.wamda.org

Prizes, refreshments, health info, fun!
Donate a non-perishable food item!
Partial proceeds to feed the hungry!

When: **Saturday, March 6, 2010**

Health Fair from 10:00am to 1:00pm

Race Registration closes at 10:45am

Race Starts at 11:00am

Where: Garden House at Look Park Florence, MA Directions: www.lookpark.org

Pre-registration Fee: \$17.00 **registration must be received by February 6, 2010 for discount price + T-shirt**

Registration Fee Day of the Race: \$20.00

Send registration forms payable to WAMDA Fitness 5K, 42 Dry Hill Road, Montague, MA 01351

For questions email: mistellewarren@gmail.com

Name: _____ Age: _____ Sex: _____

Email (no spam, required for future Road Race info): _____

Mailing Address: _____

Amount Enclosed (additional donations are greatly appreciated): _____

(All donations are nonrefundable)

Please circle one: **Runner** **Walker**

T-shirt size (available for pre-registrants ONLY) **S M L XL**

Division sex: **Male Female**

Division age: **<20 20-29 30-39 40-49 50-59 >60**

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.

Signature of Participant (or Guardian if under 18): _____