



## WCA Spring 2020 Run/Walk Challenge

Saturday, March 14 - Friday, May 22

### Entry Form

Registrant's name: \_\_\_\_\_

Age on March 14, 2020: \_\_\_\_\_ Male Female (circle one)

Email address: \_\_\_\_\_

Phone: \_\_\_\_\_

Your Goal: \_\_\_\_\_ miles or steps per week (circle one)

#### Safety Reminder/Waiver:

The WCA recommends that participants seek physician clearance before beginning any new exercise regimen. This includes increasing or modifying a walking or running routine.

I understand that outdoor activities can have some risk and assume all risks including, but not limited to falls, contact with others, the effects of weather, road conditions and traffic. All such risks are known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Wilmot Community Association, the town of Wilmot, NH, and any sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. This release and waiver extend to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. Minors accepted only with signature of a parent or guardian. All fees are nonrefundable.

I understand and agree to the waiver and release.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Electronic entry - pay online at [Eventbrite -WCA Spring 2020 Run/Walk Challenge](#) and download this form, fill it in and email to [wca@tds.net](mailto:wca@tds.net).

Snail mail entry - fill in and mail the entry form and a check for \$25 payable to the WCA to WCA Run/Walk Challenge, P.O. Box 23, Wilmot, NH 03287

More information at: [www.WilmotWCA.org](http://www.WilmotWCA.org)