



WCA Get Up, Get Out & Move Challenge

Run - Walk - Bike

Fall 2020: Saturday, September 12 - Friday, November 20

Entry Form

Registrant's name: _____

Age on September 12, 2020: _____

Email address: _____ Phone: _____

Mailing address: _____

Goal: Run ... Walk ... Bicycle (circle one) with _____ 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 running, walking, or biking 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 persons or organizations 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.

I understand and agree to the waiver and release.

Signed: _____ Date: _____

Electronic entry - [pay online](#) and download this form, fill it in and email to wca@tds.net.

Snail mail entry - download, fill in and mail the entry form with a check for \$10 payable to the WCA to WCA Fall 2020 Challenge, P.O. Box 23, Wilmot, NH 03287

Stay safe and enjoy the sunshine. Please obey all local and state traffic laws and respect social distancing and facial mask guidelines. Remember - bikers move with and runners and walkers move against the traffic.

More information at: www.WilmotWCA.org.