

The Willamette Valley Road Runners Presents

Fitness Walking



Sunday, July 17, 2011 – 8:00 - 9:00 a.m.

River Road Park

3045 River Road N, Salem, OR

Program: *Walking form
*Walking tips
*Warm up and cool down exercises to prevent injury

Cost: *Free - WVRR members
*\$5.00 - Non-members

Send registration to WVRR, PO Box 4002, Salem, OR 97301 or bring cash or check on day of event.

Questions? Contact Fenny Roberts @ 503.363.5509

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Each participant must complete a separate form. **Must be 12 or older.**

<http://www.rrca.org/>



PRINT:

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail \_\_\_\_\_

OFFICIAL WAIVER: You understand that participation in the event is potentially hazardous and that a registered party should not participate unless they are medically able and properly trained. You agree to abide by any decision of any event official relative to your ability to safely complete the event. You understand that events may be held over public roads and facilities open to the public during the event and upon which hazards are to be expected. Participation carries with it certain inherent risks that cannot be eliminated completely ranging from minor injuries to catastrophic injuries including death, and you are voluntarily entering the event and assume all risks associated with participation, including, but not limited to falls, the effect of the weather, including heat and/or humidity, traffic and the conditions of the course. Having read this waiver, you understand and agree that in consideration of being permitted to participate in the event, you and any registered party, their heirs, personal representative or assigns of you or the registered party or anyone else entitled to act on your or the registered party's behalf do hereby release, waive, discharge and covenant not to sue the Willamette Valley Road Runners and the Road Runners Club of America, and all of their respective representatives, assigns, subsidiaries, officers, directors, agents, and employees for any and all liability from any and all present and future employees for any and all liability from any and all present and future claims and liability of any kind, known or unknown, arising from participation in the event or related activities by you or any registered party even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities.

The Willamette Valleys Road Runners and the Road Runners Club of America shall not be liable for any direct, indirect, incidental, special or consequential damages, resulting from (A) the event or any cancellation, interruption or delay thereof or (B) for the cost of procurement of substitute goods and services or (C) resulting from any injuries, theft, loss or damage to person or property suffered in connection with the event or (D) resulting from unauthorized access to or alteration of your personal data, including but not limited to, damages for loss of profits, use, data or other intangible loss, even if you have been advised of the possibility of such damages. You expressly agree that your participation in the event is at your sole risk. The Willamette Valley Road Runners and the Road Runners Club of America expressly disclaim all warranties of any kind, express or implied, including without limitation any warranty or merchantability, fitness for particular purpose of non-infringement.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature required if registering a minor