

# Entry Form

We Walk! Marathon, Half Marathon and 50km  
May 21, 2011

## About You

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

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

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State/Province \_\_\_\_\_

ZIP or Postal Code \_\_\_\_\_

Country \_\_\_\_\_

Telephone \_\_\_\_\_

E-Mail \_\_\_\_\_

Age (on race day) \_\_\_\_\_

Gender (circle one) F M

## Walking Style (circle one)

- Walking** As long as you never have both shoes off the ground at the same time, we call it walking. This includes ordinary walking, fitness walking, aerobic walking, fast walking, speed walking, hiking as well as Nordic walking Power Walking and Race Walking. Nordic Walkers, Power Walkers and Race Walkers please enter using those distinct walking styles instead of the Walking style.
- Nordic Walking** You must walk and use 1 or 2 walking poles
- Power Walking** You plan to walk fast, but don't want to worry about the rules of race walking.
- Race Walking** You must follow USATF rule 232.2: [...] a progression of steps so taken that the [race] walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position.
- Walk/Run** When you walk for part of the time and run for part of the time.

More information: <http://walkonmn.org/marathon>

## Which Event?

Event (circle one) Marathon Half Marathon 50km

Estimate how many hours you will take (circle one)

2 2½ 3 4 4½ 5 6 7 8 9

## Options

T-Shirt Cut (circle one) Women's Men's

T-Shirt Size (circle one) S M L XL

Bus to Start (circle one) Yes No

## Team Membership (optional)

Team Name \_\_\_\_\_

Team Captain's Name \_\_\_\_\_

## Extra Cost Option

PreRace Dinner (\$10 each) Meat \_\_\_\_\_ Vegetarian \_\_\_\_\_

## Entry Fees

Oct 2, 2010 - Feb 13, 2011	Marathon	\$50
	Half Marathon	\$35
	50 km	\$50
Feb 14, 2011 - May 14, 2011	Marathon	\$65
	Half Marathon	\$50
	50 km	\$65
May 20, 2011 at the Pasta Dinner	Marathon	\$100
	Half Marathon	\$80
	50 km	\$100

We use the postmark date to determine when you entered.  
Mail-In Registration closes on May 14, 2011.  
Registration is not transferable.  
Registration fees are not refundable.  
**There is no race day registration.**

## Payment

Make check payable to **We Walk! Marathon**

Mail entry to We Walk! Marathon  
638 Summit Ave  
Saint Paul, MN 55105

## Video & Picture Release

The undersigned grants full permission to Walk On Minnesota! and agents authorized by them to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose.

## Waiver

I know that walking is a potentially hazardous activity. I should not register for the We Walk! Marathon and Half Marathon unless I am medically able and properly trained. I assume any and all risks associated with walking during this event including but not limited to falls, contact with other participants, contact with other users of the multi-use path, crossing roads open to vehicle traffic, the effects of weather, including high heat and/or humidity, the conditions of the walking surface and risks from physical exertion over an extended period of time, all risks being known and appreciated by me. Knowing these facts, and in consideration with your acceptance of my entry fee, I hereby for myself, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive, release and discharge any organization associated with Walk On Minnesota!, USATF/MN, USATF, Stearns County, the local government and police, event volunteers and any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims for liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this walking event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

## Stearns County Waiver

In order to participate in this activity, I agree to hold the County of STEARNS, its employees, agents and contractors harmless, and I give up any right I may have to make claims or lawsuits against them. I acknowledge that this is not an essential service provided by the County of STEARNS. I understand and acknowledge that the activities I am about to voluntarily engage in as a participant have certain risks. I understand that these risks known or unknown, anticipated or unanticipated may result in injury, death, illness, disease or damage to myself or my property, or to other persons or their property. I voluntarily agree and promise to accept and assume all responsibilities, and injuries, death, illness, disease or damage to myself or my property arising from my participation in this activity. This waiver does not apply to any injuries or damages that are the result of willful, wanton, or intentional misconduct. I am voluntarily participating in this activity with knowledge of the dangers and risks involved, and no one is forcing me to participate. I understand that entering into and signing this agreement affects my legal rights and results in my giving up or waiving certain legal rights and I accept this and sign this agreement of my own free will. My signature indicates that I have read this entire document, understand it completely, acknowledge that it cannot be modified or changed in any way by oral representations, and agree to be bound by its terms. This agreement shall be binding on behalf of myself, my heirs, assigns, personal representative and estate.

I have read the foregoing and certify my agreement with my signature.

Signature

date

Sign Here