



5th Annual Walk/Run-a-Thon Registration Form

Event Date: June 6, 2026

Event Location: Knowlton Park, Ellsworth

Check-in Location: Friends in Action Senior Center

Registration Starts: 8:00 AM

Warm-Up Stretch: 8:30 AM

Start Time: 9:00 AM

Participant Information

Full Name: _____

Phone Number: _____

Email Address: _____

Address: _____

City/State/Zip: _____

Are you part of a team? O yes O no

If yes, name of the team: _____

Registration Details

T-Shirt Size (circle one):

S M L XL XXL

Registration Fee is, per person, \$25 pre-registration or \$30 for day of registration \$ _____

☐ Cash ☐ Check (Payable to Friends in Action)

OR

Scan here to pay:



Participant Waiver and Release of Liability

I understand that participation in the Friends in Action Walk/Run-a-Thon involves physical activity and carries with it the potential for injury. In consideration of being allowed to participate, I hereby assume all risks associated with this event.

I release and hold harmless Friends in Action, its staff, volunteers, sponsors, and partners from any and all liability for injuries, damages, or losses I may incur as a result of my participation, including but not limited to personal injury, property damage, or medical expenses.

I certify that I am physically able to participate in this event and have not been advised otherwise by a medical professional. I agree to follow all event rules and instructions.

I grant permission to Friends in Action to use photographs or video taken during the event for promotional and fundraising purposes.

If the participant is under 18 years of age, a parent or legal guardian must sign below.

Participant Name (print): _____
Signature: _____ **Date:** _____

Parent/Guardian Name (if under 18): _____
Signature: _____ **Date:** _____
