



# GET OUT AND WALK DAY

**SUNDAY, NOVEMBER 5**

BOW HIGH SCHOOL 55 Falcon Way, Bow NH

Join the Bow & Dunbarton School District Wellness Committee in collaboration with Bow Parks & Recreation for the 1st "Get Out and Walk Day"

This two mile TRAIL route will begin and end at the Bow High School Track

**Check In Time: 1:30 pm**

**Start Time: 2:00 pm**

Our way to promote and emphasize the importance of healthy habits, physical activity and build a sense of community.

## **REGISTRATION FORM** (one per family)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

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

Emergency Contact Name & Phone: \_\_\_\_\_

*By participating in the walk event, I assume the risk of such activity, and agree to hold harmless the sponsoring agencies and staff members conducting the event from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from, the event. In the event of an emergency and I cannot be reached by telephone, I hereby authorize transport and treatment by qualified personnel*

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT / PARENT / GUARDIAN

\_\_\_\_\_  
DATE