

WHATCOM COUNTY EMERGENCY RESPONDERS

# fitness challenge

PARTICIPANT REGISTRATION



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

Team Captain: \_\_\_\_\_ TC's Email: \_\_\_\_\_

Desired weigh-in dates (circle one date for *both* start and finish weigh-ins)

Starting weigh-in:      Jan. 6<sup>th</sup>, 08:00 – 20:00      Jan. 7<sup>th</sup>, 08:00 – 20:00

Final weigh-in:      March 31<sup>st</sup>, 08:00 – 20:00      April 1<sup>st</sup>, 08:00 – 20:00

*\* Weigh-in to be held at St. Lukes Health Education Center, 3333 Squalicum Parkway, Room "D".*

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Occupation / Agency: \_\_\_\_\_

I, \_\_\_\_\_, hold harmless, Support Officer Community Care, as well as any and all companies associated with SOCC, of any injuries or physical illness if occurred while preparing and training during the course (12-weeks) of this competition. I understand and agree that SOCC has the ultimate decision on declaring who the winners are of the Whatcom County First Responder Fitness Challenge, without dispute. I consent and release the use of my photograph and body composition data to be used by SOCC, or any of the sponsors associated with the WCFRFC for promotional purposes. Furthermore, I am responsible and liable for my own actions and daily exercise and nutrition, training regime.

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



**COST:** Before December 15<sup>th</sup> = \$35.00 per person (t-shirt included)

After December 15<sup>th</sup> = \$45.00 per person (t-shirts can not be guaranteed)

(The prices above also include a \$5.00 fee for the trainer conducting the body fat testing.)

**Please make checks payable to Support Officer Community Care**

**SHIRT SIZE** (select one): SM\_\_\_\_ MED\_\_\_\_ LG\_\_\_\_ XL\_\_\_\_ XXL\_\_\_\_

*\* Team Captains need to collect the registration forms and entry fees for each team and send them together to:*

**SUPPORT OFFICER COMMUNITY CARE**

P.O. Box 1102, Bellingham, WA 98227

Deadline to turn in registration forms is December 15<sup>th</sup>, 2009.

Questions? Contact: Kendra Cristelli (360) 739-4144