

WHATCOM COUNTY EMERGENCY RESPONDERS  
**fitness challenge**



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. 3<sup>rd</sup>, 8:30 AM – 4:00 PM      Jan. 4<sup>th</sup>, 8:30 AM – 4:00 PM

Final weigh-in: March 27<sup>th</sup>, 8:30 AM – 4:00 PM      March 28<sup>th</sup>, 8:30 AM – 4:00 PM

**Desired weigh-in time:** (fill in the most conducive time of day to weigh-in) \_\_\_\_\_

*\* Weigh-ins to be held at St. Lukes Health Education Center, 3333 Squalicum Parkway, Rooms "D" & "E".*

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 9<sup>th</sup> = \$35.00 per person (t-shirt included)

*After December 9<sup>th</sup> = \$45.00 per person (t-shirts can not be guaranteed)*

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

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

*\* Team Captains: Collect all the registration forms and entry fees for your team and send them together to:*

**SUPPORT OFFICER COMMUNITY CARE**  
P.O. Box 1102, Bellingham, WA 98227

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