



# 100 Miles in 100 Days

## Lowell Community Walking Challenge Registration Form

This program will start May 25, 2009 and it will run until September 1, 2009  
[www.lowellcommunitywellness.org](http://www.lowellcommunitywellness.org)

### Rules:

1. Teams are comprised of four people, families may have more members but only 4 prizes will be awarded to each family team.
2. All members must maintain their own walking log.
3. Consult your physician before starting any new diet or exercise program. Lowell community Wellness and its partnering organizations encourage voluntary participation in this program.
4. A team captain will be appointed and must have e-mail access.
5. Each person agrees to make a \$20.00/ person donation to Lowell Community Walking Challenge. Please make checks payable to Lowell Community Wellness.

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

Captain's e-mail \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

e-mail \_\_\_\_\_

t-shirt size \_\_\_\_\_

Signature \_\_\_\_\_

age \_\_\_\_\_

Please circle all that apply: \*Business Team, \*Family Team, \*Friends, \*individual participant

Have you participated in the "100 miles in 100 days" before? **NO** **Yes**, \_\_\_\_\_ # of times?



**\*\*Registration for this event will begin in Mid-May at Lowell City Hall & Kent District Library in Lowell and Alto branches\***

Lowell Community Wellness

Our Mission is to inspire and education the greater Lowell community to attain at healthier lifestyle