



MWR WALKING CHALLENGE

REGISTRATION FORM

Please select the Category you're registering for: Individual Team

Team Name: _____

Team Captain/Individual: _____ Email: _____

Phone (Home): _____ Cell: _____

| We're (I'm) walking for:
| Organization/Cause: _____
|
| Mailing Address: _____
|

Fee: \$20.00/Person (\$80/Team) Make checks payable to: MWR (Montrose West Recreation, Inc.)

Registration forms can be mailed to: MWR PO Box 281 – Nucla, CO 81424

I, the undersigned, agree to assume all risks that are part of and incidental to my participation in the *MWR WALKING CHALLENGE*. I will not hold Montrose West Recreation, Inc. (MWR) or any person affiliated with MWR responsible in the event of personal injury to myself resulting from my participation in the above name activity.

NAME	EMAIL	PHONE	SIGNATURE

DATE: April 3rd through May 28th >>> Registration DEADLINE April 1st

Contact- Paula Brown @ 970/864-2190 MWR ED MontroseWestRec@gmail.com

MWR WALKING CHALLENGE RULES

1. Contest is open to both Teams and Individuals. Teams are made up of 4 members with one member designated as team captain.
2. The “walking week” runs from Sunday through Saturday of each week.
3. **The team captain or individual is responsible for turning in the walking totals every week.** Captains may email totals to MontroseWestRec@gmail.com no later than Tuesday following the week completed.
4. Each team member or individual can walk up to 3 miles/day or a total of 14 miles/week. Miles over 3/day or 14/week will not be counted. Partial miles ($\frac{1}{2}$, $\frac{3}{4}$ etc.) will not be counted. Miles may be split up during the day as long as the total for the day equals 1, 2 or 3 miles (For example: $\frac{1}{2}$ mile walked in the AM, $\frac{1}{2}$ mile in the PM = 1 mile for day).
5. Walking on a treadmill or an elliptical is allowed.
6. Keeping track of miles walked is on the honor system but must be actual miles. No estimates or guesses.
7. Proceeds from each category (Individual & Team) will go to a school or civic organization (non-profit) of the winner’s choice. (For example: NHS Booster Club, Student Council, West End Food Bank, Youth Baseball, Hoof & Paw). Please include their name and mailing address on your registration. If there are less than 3 individual walkers all proceeds will go to the winning team’s organization.
8. The MWR Walking Challenge will start Sunday, April 3rd and run through Saturday, May 28th (8 weeks).