

# 2019 Winter Walk/Run Registration Form



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

Age: \_\_\_\_\_ UPEI ID#: \_\_\_\_\_

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

Do you have previous experience walking or running? No \_\_\_\_\_ Yes (please describe)

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What are some of your goals (e.g. increase cardio, improve run time, etc.)?

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Are there any health/medical issues that would prevent you from working out?

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*Note: This program is only open to UPEI Students, Staff & Faculty.*

## Please Return Complete Form to Panther Central Desk

### Fitness Waiver

Participation in physical activity involves the risk of personal injury. The use of the equipment, facilities, and premises of the University of Prince Edward Island by persons participating in athletic and recreation activities shall constitute acceptance of that risk regardless of the nature of injury. UPEI, its officers, employees, and agents shall not be liable for any injury, loss, or damage sustained or suffered by persons participating in athletic or recreation activities at UPEI, whether cause either directly or indirectly by the negligence or fault of UPEI, its officers, employees, or agents or otherwise. (Signature indicates waiver was read)

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

**\*The Run/Walk Club will begin on March 12, 2019\***