



Weight Loss Challenge

June 8th - August 31st

How to earn your \$50 back:

- ☐ You will receive a \$25 Gift Certificate to Fleet Feet Sports once you complete 8 weekly weigh-ins.
- ☐ Receive a \$25 Gift Certificate to Fleet Feet Sports if you lose at least 5% of your body weight by Aug. 31st. (eg, a 200lb person has to lose 10lbs)

PLUS... receive good, better and even better prizes when you reach one of our "Race Clubs"

- ☐ 5K Club (3.1lbs in weight loss) - a good prize
- ☐ 10K Club (6.2lbs in weight loss) - a better prize
- ☐ Half Marathon Club (13.1lbs in weight loss) - an even better prize
- ☐ Marathon Club (26.2lbs in weight loss) - a really super cool prize
- ☐ Ultra Club (any weight loss 26.3lbs or more) - the very bestest of prizes... and a well-earned pat on the back!

☐ **Yes! I accept the challenge!**

I would like my weight loss to count for the: ☐ **East Side** ☐ **West Side**

FIRST NAME: _____ LAST NAME: _____ ☐ MALE ☐ FEMALE

ADDRESS: _____ CITY/STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

TOTAL AMOUNT DUE: \$50 (Send checks, payable to Fleet Feet Sports, to Fleet Feet Sports, Attn: Tons of Fun, 2210 Monroe Ave, Rochester, NY 14618)

*****You will earn this back and MORE in prizes and incentives throughout the program!**

MANDATORY WAIVER (Signature Required)

I understand that my decision to engage in this program with Fleet Feet Sports/Ellen Brenner and David Boutillier may include physical activity, exercises, facilities and/or equipment designed to improve muscular strength and cardiovascular endurance. I should not participate unless I am medically able and properly trained. I agree to abide by the decision of the Fleet Feet Sports relative to my ability to safely complete the program. I assume all risks associated with this activity including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat, extreme cold and/or humidity and the conditions of the area/course, all such risks being known and appreciated by me. I grant permission to the organizing groups to use any photograph, motion pictures, or recordings of my taking part in this event for any legitimate purpose. Having read this waiver acknowledging these facts and in consideration of you accepting my entry, I for myself, and everyone entitled to act on my behalf, waive and release David Boutillier, Ellen Brenner, Fleet Feet Sports and any and all sponsors from any claims or liabilities of any kind arising out of my participation in this program. I **understand that all entry fees are nonrefundable**. I have read this waiver and certify my compliance and agreement with its content with my signature.

SIGNATURE OF PARTICIPANT: _____

SIGNATURE OF PARENT/GUARDIAN IF UNDER 18: _____

GET FIT. HAVE FUN. **LOSE WEIGHT.**