



# Step by Step to a Healthier Milford

September 23 – November 4, 2017

Tracking your steps is a simple and easy way to better health. Burn calories, strengthen back muscles and slim your waist by increasing your daily steps. Work up to 10,000 steps a day!

## Join the walking program!

**\$20.00 Registration** (Includes goodie bag with pedometer)

*A portion of the proceeds support Milford Chamber Health & Wellness Scholarships*

### WALK SOLO OR FORM A TEAM! PARTICIPANTS RECEIVE:

- Pedometer • Goody Bag • Event T-shirt • Weekly Inspirational Emails • Tally of Steps Taken
- Recognition of Achievements • PLUS - Discounted Registration for Folks on Foot!

Presented by:



Sponsored by:



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### ★ KICK-OFF CELEBRATION ~ SATURDAY, SEPTEMBER 23RD ★

**Walnut Beach Pavilion • 9:00 - 11:00 AM**

A fun way to get your program started! Enjoy giveaways, demos, exhibits offering valuable health information, and Mayor Benjamin G. Blake leading the inaugural walk!

*Can't make it to the kick-off? You can still participate in the walking program! Questions? Give us a call 203-878-0681*



**To register, please complete this form and return with check to:**

Milford Chamber of Commerce, 5 Broad Street, Milford, CT 06460

**Register by credit card:** Please call 203-878-0681 (Waiver must be returned prior to participation)

Name \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Age (On Race Day): \_\_\_\_\_ SHIRT SIZE (circle One) SM M L XL NONE

### Waiver on Back (Please read and sign below)

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

Parent or Guardian if under 18 \_\_\_\_\_

*No refunds will be issued for any reason*

## RELEASE FROM LIABILITY AND WAIVER OF RIGHTS

**\*\*THIS SECTION AFFECTS YOUR LEGAL RIGHTS, PLEASE READ CAREFULLY BEFORE SIGNING\*\***

The undersigned and his/her heirs, executors, administrators, and their assigns, (hereinafter, the "Undersigned") do hereby irrevocably release, waive, forever discharge and covenant not to sue and save and hold harmless and indemnify the Milford Chamber of Commerce Health & Wellness Council ("MCC-MWC"), The Milford Chamber of Commerce ("MCC"), and their respective employees, Board of Directors, Officers, agents, and volunteers, and their successors and assigns (hereinafter, collectively, the "Released Parties"), from any and all liability, claims, causes of action and other demands, including, without limitation, costs and attorneys' fees, of whatever kind or nature, either in law (based on any federal law, state law, foreign law, common law, statute or any other law, rule or regulation whatsoever) or in equity, whether jointly or severally, which now or hereinafter arise from, related to, or are in any way connected with, the participant's activities with MCC-MWC and MCC or participation therein. In particular, and for the avoidance of doubt, this Release includes, but is not limited to, any and all liability, claims, causes of action and other demands arising from, related to, or in any way connected with, NEGLIGENCE of the Released Parties as set forth as follows:

### RELEASE FROM LIABILITY FOR NEGLIGENCE OF THE RELEASED PARTIES

**THE UNDERSIGNED HEREBY IRREVOCABLY RELEASE, WAIVE, FOREVER DISCHARGE AND COVENANT NOT TO SUE AND SAVE AND HOLD HARMLESS AND INDEMNIFY FOREVER THE RELEASED PARTIES FROM ANY AND ALL LIABILITY, CLAIMS, CAUSES OF ACTION AND OTHER DEMANDS ARISING FROM, RELATED TO, OR IN ANY WAY CONNECTED WITH, NEGLIGENCE OF THE RELEASED PARTIES.**

By executing this Release, the Undersigned understand and agree that this Release discharges the Released Parties from, among other things, any liability or claim that the Undersigned may have against any of them jointly or individually with respect to any personal injury, illness, death or property damage that may result from participant's activities with MCC-MWC, MCC or participation therein, including, but not limited to, personal injury, illness, death or property damage arising from, related to, or in any way connected with, NEGLIGENCE of the Released Parties, including, but not limited to, any first aid, treatment, or service rendered in connection with participant's activities with MCC-MWC, MCC or participation therein.

The Undersigned also understand that the Released Parties do not assume any responsibility for or obligation to provide financial assistance or other assistance, including but not limited to medical, health, or disability insurance in the event of injury or illness.

The Undersigned further agree that if the Undersigned, participant, or anyone on the Undersigned or participant's behalf makes a claim against the Released Parties, the Undersigned will indemnify, save and hold harmless the Released Parties from any litigation expenses, attorney fees, loss, liability, damage or cost that may be incurred as the result of such claim.

**Governing Law and Severability:** The Undersigned understand and agree that this Release is intended to be as broad and inclusive as permitted by the laws of the State of Connecticut, and that this Release shall be governed by and interpreted in accordance with the laws of the State of Connecticut. The Undersigned agrees that in the event that any clause or provision of this Release shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Release that shall continue to be enforceable.

**Photographic Release:** The Undersigned grant and convey unto MCC-MWC and MCC all right, title, and interest in any and all photographic images and video or audio recordings made by MCC-MWC and MCC, and any submitted to MCC-MWC or MCC by participant, during participant's activities with MCC-MWC or MCC, including but not limited to, any royalties, proceeds, or other benefits derived from such photographs or recordings.

**Parental/Guardian Consent:** The Undersigned as parent or legal guardian of the minor participant understands the nature of MCC-MWC and MCC activities and confirms that participant is qualified to participate in the activities.

The Undersigned parent or legal guardian of the minor participant attests that he/she has executed this Release on behalf of himself/herself, his/her heirs and assigns, executors and administrators and on behalf of the minor participant, his/her heirs and assigns, executors and administrators as of the day and year first above written.