



30 MILES, 30 DAYS WALKING CHALLENGE

REGISTRATION FORM

The 30 miles in 30 days challenge will begin on Tuesday, July 16th and run through Wednesday, August 14th culminating in the Downtown Block Party. Here's how it works:

1. Pick up a mileage booklet to record your miles from the National Bank of Middlebury, Illsley Library or from the Neighbors, Together volunteers at Festival on the Green
2. Start walking! Walk one mile a day for 30 days and keep track in your mileage booklet
3. Turn in your mileage booklet at the Downtown Block Party in Downtown Middlebury on Wednesday, August 14th to enter to win a drawing of \$100 Middlebury Money for participating.

Name (please print): _____ Age: _____

Address: _____

City: _____ State/Zip: _____

Phone: _____ Email: _____

Waiver of Liability:

As a participant in the 30 Miles in 30 Days Challenge, I acknowledge and agree that, if I believe walking conditions are unsafe, I will immediately discontinue participation. I fully understand that walking can be dangerous and involve risk of bodily injury, which may be caused by my own actions or those of others, or the conditions in which I walk. I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation. I hereby release, discharge, and convent for myself, my heirs, executors, and administrators not to sue Come Alive Outside or its administrators, directors, agents, officers, employees, volunteers, other participants, sponsors, and/or owners and lessors of premises on which activities take place.

Signature: _____ Date: _____

HELPFUL TIPS!

- Mileage can be calculated by time (20 mins = 1 mile) or steps (2,000 steps = 1 mile)
- Form a group to make walking social as well as healthy.
- Utilize outer parking lots to walk into downtown Middlebury and back...you might be surprised at how quickly you can get into town!