



## 2015 PARK RIDGE WEIGHT LOSS CHALLENGE REGISTRATION FORM

### Help Park Ridge Lose 100 Pounds in 8 Weeks



1. Provide the information requested below. Please PRINT.
2. Complete and sign the waiver on the reverse of this form. Print your name in the two open spaces; then add your signature and the date.
3. Bring the completed registration form to your first weigh-in at one of the partner locations listed below.

Name ..... Age .....

Address..... ( ) Female ( ) Male

Telephone No. ....

Email Address: .....

Registration Number: (Partner Initial [C, G or S] + 3 digit Number).....

#### Weight Loss Challenge Partners and Weigh-In Hours

<p><b>CrossFit Ignite (C )</b></p> <p>33 South Maple Avenue Park Ridge Contact: Steve@crossfitignite.com</p> <p>Monday &amp; Wednesday 10:30AM to 11:30AM</p> <p>Or by appointment.</p>	<p><b>THE GYM (G)</b></p> <p>2 Chestnut Ridge Road Montvale Contact (201) 802-9399</p> <p>Monday thru Thursday 9:00AM to 10:00PM</p> <p>Friday 9:00AM to 9:00PM</p> <p>Saturday 9:00AM to 5:00PM</p> <p>Sunday 9:00AM to 5:00PM</p>	<p><b>The Spine and Health Center of Montvale (S)</b></p> <p>2 South Kinderkamack Road Montvale Contact (201) 746-6577</p> <p>Monday, Tuesday and Thursday 9:00AM to 1:00PM and 3:00PM to 7:00PM</p> <p>Wednesday 11:00AM to 7:00PM</p> <p>Friday 9:00AM to 4:00PM</p>
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**Please see reverse side – Read and Sign**

**HOLD HARMLESS, WAIVER AND CONSENT TO USE OF PHOTOGRAPHS AGREEMENT**

Before beginning any weight loss or exercise regimen, including participation in the Park Ridge Weight Loss Challenge, the Borough of Park Ridge hereby notifies the participant that he or she should consult a physician to make certain that he or she is healthy enough to participate in the challenge. In addition, the Borough requires that the Participant execute the following Hold Harmless and Waiver Agreement.

....., hereby agrees to indemnify and hold harmless the Borough of Park Ridge, any partner of the Borough conducting the Weight Loss Challenge, and any other municipalities that may work with the Borough of Park Ridge in conducting the Weight Loss Challenge from any and all liability, loss damage, personal injury or any other claims of any nature arising out of his or her participation in the Weight Loss Challenge.

..... further acknowledges that by participating in the Weight Loss Challenge events, the Participant gives the sponsors of the Weight Loss Challenge permission to use pictures taken of him or her for use by the Weight Loss Challenge sponsors for promotion and advertising purposes and hereby waives and relinquishes any privacy rights that may exist with respect to said photographs and agrees to hold the Borough of Park Ridge, and any Partner of the Borough or other individual or entity, harmless from any and all claims arising by virtue of the use of said photographs.

.....  
Signature

.....  
Date

