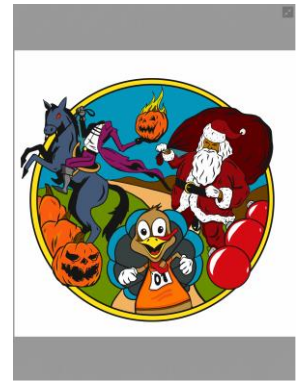




# Quechan Holidays Triple Crown

## Early registration form 5K Run/Walk



**Host Contact: The Fort Yuma Wellness Center**

**1890-A San Pasqual School Rd Winterhaven, CA 92283**

**760-572-4057, email- wellnesscenter@quechantribe.com**

**Purpose:** The Quechan Special Diabetes Healthy Hearts Program would like to help you stay fit and fight off any unwanted extra calories for a guilt-free Holiday Season. We will be hosting a fun RUN & WALK for everyone to enjoy Thanksgiving, Christmas, and New Year. Please join us for our event(s) this year.

**Awards:** 1) Turkey Trot- All participants will receive a raffle ticket for a chance to win a Turkey/Ham Dinner Basket, 2) Christmas Run- Raffle ticket for participants for a chance to pick from mystery gift box 3) New Year: Poker Run- Gift Card for best Poker-Hand, plus T-shirt presentation for completing all three fun runs.

**Other Information:** All three runs will be FREE and will take place inside The Diabetes Walking Park.

**PLEASE COMPLETE & RETURN TO THE WELLNESS CENTER by email or in-person**

PARTICIPANT NAME

AGE

SEX

ENROLLED TRIBAL MEMBER

IF YES, WHICH TRIBE

T-SHIRT SIZE

DIABETIC

### **Emergency Contact**

CONTACT NAME

PHONE NUMBER

RELATIONSHIP

### **Waiver (MUST BE SIGNED)**

In consideration of your accepting this entry, I the below signed, intending to be legally bound, for myself, my heirs, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion of future events.

(type full name below)

X

Participant or Parent/Guardian