



Don't delay, sign up today! Registration will be limited to the first 150 registrants. Eligible contestants will have a chance to win cash and prizes! Also included with entry fee: nutritional counsel including how to calculate nutritional needs, cholesterol screenings, blood sugar testing, blood pressure, BMI, and before and after fitness assessments.

CONTEST ENTRY

Name: _____
Please Print

Birth date: _____
Month/Year

Mailing Address: _____

City _____

State _____

Zip _____

E-mail: _____

Daytime Phone: _____

Weight _____ Height _____

Age _____

T-Shirt Size _____

Contest Rules

- Each contestant MUST BE 18 yrs. or older before the beginning of the competition.
- Each contestant MUST provide a completed and signed entry/disclaimer.
- Each contestant may pay his/her non-refundable fee by cash or check. All forms and payment must be received no later than January 15.
- Contest begins Tuesday, January 19, 2010 at 6:30pm at Gene Fullmer – First Official Weigh-In.
- Each contestant must weigh-in weekly on Tuesdays (Jan 19 through April 20) from 5:30-7:30pm at WJ City Hall (8000 S Redwood Rd).
- Contestants can only miss 2 weigh-ins or will be ineligible for the prize winnings, but can continue to participate.
- Each contestant must complete a weekly tracker and have it reviewed by staff at each weigh-in to be eligible for prizes.
- A healthy and safe goal of 10% weight loss, and a healthy BMI around 25 (long term goal for some) will be encouraged and rewarded. Any extreme dieting is strongly discouraged.
- Contestants who have paid their fee and follow all rules are eligible to win. Winning categories will include both men and women along with other drawing prizes available. Each winning category will have two prize tiers which include: 1-6% body weight loss and 7-10% (larger prizes for the higher tier). Prizes will be awarded based on a drawing of names from each category and tier. This will encourage a safe and healthy weight loss rather than the most weight lost based on hard work and lifestyle changes.
- Winners will be announced on Saturday, May 1st after the Linda Buttars Memorial Fun Run.
- All decisions by the Healthy West Jordan Committee are final.

All materials or information given and provided in conjunction with the Weigh Biggest Loser of West Jordan contest are intended for general information purposes only. Under no circumstances are they intended, nor should they be construed, as a substitute for professional health advice from your doctor or health-care provider. Consult your physician before you begin any nutrition, exercise, or dietary program. If you have a medical problem, please contact your doctor or health care professional.

Total paid _____ circle one: cash or check Circle one: Individual \$35.00 or Pair \$55.00
(If entering as a pair, submit two signed entry forms stapled together)

Mail payment and signed entry form to City of West Jordan Attn: Weigh Biggest Losers Contest, Administration, 8000 S. Redwood Road. West Jordan 84088

Signature: _____

Date _____

Waiver and Release of Liability Assumption of Risk and Indemnity Agreement (Participants must be 18 Years or Older)

Event Organizer: City of West Jordan (Healthy West Jordan Committee)

Name of Event: **Weigh Biggest Losers of West Jordan**

In consideration of permitting me, _____ to participate in the above-named event (the "Event"), I voluntarily, for myself, my personal representatives, heirs and next of kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of the Event and related activities and that I am qualified, in good health, in proper physical condition to participate in such activity and have not been advised otherwise by a qualified medical person. I further acknowledge that the above-named Event Organizer shall not provide medical examination, treatment, advice, or counseling. I agree and represent that I am responsible to seek medical examination, treatment, advice, and counseling from my personal physician, and I will immediately discontinue further participation in the Event if my physician or I believe conditions to be unsafe.

2. **FULLY UNDERSTAND** that: (a) the Event and related activities involve **RISKS AND DANGERS OF SERIOUS BODILY INJURY, ILLNESS OR EVEN DEATH ("RISKS")**; (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others, or the **NEGLIGENCE OF THE "RELEASEES" NAMED BELOW**; (c) there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either known or not known to me or not readily foreseeable at this time. **WITH INFORMED CONSENT, I FULLY ACCEPT AND ASSUME ALL SUCH KNOWN AND UNKNOWN RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I INCUR AS A RESULT OF MY PARTICIPATION IN THE EVENT.**

3. **HEREBY RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE** Event Organizer, its officers, elected officials, directors, managers, employees, volunteers, agents and representatives (collectively, the "Releasees") from **ANY AND ALL LIABILITY, CLAIMS, DEMANDS, AND CAUSES OF ACTION WHATSOEVER ARISING OUT OF OR RELATED TO ANY LOSS, DAMAGE, ILLNESS OR INJURY, INCLUDING DEATH, THAT MAY BE SUSTAINED BY ME, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES OR OTHERWISE, ARISING OUT OF OR RELATED TO MY PARTICIPATION IN THE EVENT.**

4. **HEREBY AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS** the Releasees from any loss, liability, damage or cost that they may incur, arising out of or related to my participation in the Event.

5. **EXPRESSLY AGREE** that this Waiver and Release of Liability Assumption of Risk and Indemnity Agreement is intended to be as broad and inclusive as is permitted by the law of the State of Utah and that if any portion thereof is held invalid, the remainder shall continue in full legal force and effect.

6. **CONSENT TO USE OF MY IMAGE**, and grant to the City of West Jordan and its assigns the right to use, reproduce, display, distribute and make derivative works, in any and all media, of my voice and likeness recorded while participating in the Event and any biographical information furnished by me to the Event Organizer. I hereby assign to Event Organizer and its assigns all rights in any intellectual property and work product that I create while participating in the Event, in consideration of such participation.

I represent and warrant that: (a) there are no health-related reasons or problems which preclude or restrict my participation in the event ; (b) I have read this Waiver and Release of Liability Assumption of Risk and Indemnity Agreement; (b) I fully understand its terms; (c) I understand that I have given up substantial rights by signing it; (d) I am aware of its legal consequences; and (e) I have signed it freely and voluntarily without any inducement, assurance, or guarantee being made to.

(Must be 18 or older to participate)

Signature _____ D/O/B _____

Date _____