



# North Dakota Walking Program

Sponsored by NDSU Extension Service

Program Runs: January 10 - March 6, 2010

**Registration Fee: Adults \$10 each Students \$5 each (age 18 & under)**

Make checks payable to: NDSU Extension Service

Mail to: WALK ND, NDSU Dept 7280, PO Box 6050, Fargo, ND 58108-6050

**USE THIS FORM ONLY IF YOU DO NOT HAVE INTERNET ACCESS TO REGISTER FOR THIS PROGRAM**

Name: \_\_\_\_\_

Fee: Adult \$10 \_\_\_\_\_

Address: \_\_\_\_\_

Student \$5 \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Total Paid: \$ \_\_\_\_\_

Daytime Phone # \_\_\_\_\_

Report Your Steps: (Please Select One)

Paper Reports

On Line Reports

[www.walknd.com](http://www.walknd.com)

In consideration of your accepting this registration, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any associated sponsors, their representatives, successors, and assigns for any injuries suffered by me while participating in this program. I hereby grant permission for any officials associated with this program to use any photographs or videotapes of said program as they see fit.

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

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

(Parent or Guardian if under 18)

For more information email [info@walknd.com](mailto:info@walknd.com)

## Report Step Date:

Jan 10 - 23

-

Steps due by January 27

Jan 24 - Feb 6

-

Steps due by February 10

Feb 7 - 20

-

Steps due by February 24

Feb 21 - March 6

-

Steps due by March 11

**NDSU**  
Extension Service  
North Dakota State University

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