

Please complete and return to your local K-State Research and Extension office.

REGISTRATION

Name _____

Mailing Address _____

City _____ Zip Code _____ County/District _____

Email _____ Phone _____

Gender Male Female Non-binary Choose not to provide

Team Captain _____ Team Name _____

If this is a work-site team, please specify company/organization _____

Age? (Check one)

Under 5 5 - 17 18 - 29 30 - 59 60-75 75 and over

Race? (Check one)

American Indian/Alaskan Native Asian Black/African American
 White/Caucasian Native Hawaiian/Pacific Islander Two or more races
 Choose not to provide

Ethnicity

Hispanic or Latino Not Hispanic or Latino Choose not to provide

I wish to participate in the Walk Kansas physical activity program for the purpose of physical fitness. I understand that I should have medical approval from my health care professional if I:

- » have chronic health problems such as heart disease or diabetes.
- » have been told by my doctor that I have high blood pressure.
- » have pains in my heart and/or chest area.
- » have any physical conditions or problems that might require special attention in an exercise program.
- » feel dizzy or have spells of severe dizziness.
- » have a bone or joint condition, such as arthritis, that might be made worse by an exercise I am not accustomed to, or a vigorous exercise program.
- » am a male over age 45 or a female over age 55 AND not accustomed to vigorous exercise.

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Participant Signature _____ **Date** _____

Parent/Guardian Signature (If under 18) _____ **Date** _____

FOLLOW-UP SURVEY

I am willing to participate in a brief follow-up survey 6 months after Walk Kansas.

PUBLICITY RELEASE

I authorize K-State Research and Extension to record and photograph my image and/or voice for use in research, educational and promotional programs. I also recognize that these audio, video and image recordings are the property of K-State Research and Extension.

No, I do not authorize use of my individual image or voice.