Discover the Wonders of Walking…
Join the WOW WALK Club hosted by REI

Here's what you receive for your $75 annual membership fee!

- Wonders of Walking Club T-Shirt
- Membership Card
- Retail Discounts
- Weekly Walking Tips via E-Mail
- Weekly Walk
- Bi-annual Group Training Session
- Discounts on Wonders of Walking™ Events
- Pace Chart / WOW pin
- A walking club for walkers by walkers…covering the "continuum of walking"!

Want to join? Complete and mail the form below. For more information, call (503) 282-1677 or e-mail us at 'info@wondersofwalking.com'. We're on the Web at 'www.wondersofwalking.com'!

Discount for REI members **10 Walk Punch card available - Walk Only**

WOW WALK CLUB MEMBERSHIP FORM

For WOW office ID#_____

Please Print! **□ VISITOR**

Last Name:		**First Name:**	
Address:		**E-Mail Address:**	
City:	**State:**	**Zip:**	**Phone:**

□ Male □ Female **T-Shirt Size: S M L XL XXL XXXL** **Birth Date:_____/_____/_____**

Location: □ REI–NW Portland □ REI-Clackamas **Preferences: □ Social □ Health □ Fitness □ Competitive**

What other activities are of interest to you? _____

WANT TO HELP?
___Organize Activities
___Walk Group Leader
___Sponsor (provide incentives, etc.)
___Other_____

WOW accepts Visa and MasterCard. Call WOW at 503-282-1677
Please enclose check or money order payable to:
Wonders of Walking LLC and mail to:
610 SW Broadway, Suite 602, Portland, OR 97205

CHOOSE ONE:

□ Annual Membership Fee	**$75.00**
□ REI Member #_____	**$60.00**
□ 10 visit Punch Card - Saturday walk only	**$40.00**
□ Technical Shirt extra	**$22.00**
TOTAL	_____

Waiver and release: I know that participating in walking includes an element of risk and could be a potentially dangerous and hazardous activity. I should not participate in Wonders of Walking club activities (hereafter called the "club") unless I am medically and physically able. I assert that I am medically and physically able to participate in the club. I further assert that I am responsible for my own personal safety, and that I shall not endanger myself or others by my participation in the club activities. I understand that any individuals who may lead activities are not physical or athletic trainers and are therefore not qualified to give fitness, training and/or technique advice nor are they qualified to identify or treat injuries. I agree to abide by any and all decisions by a club representative concerning my being able to participate in or compete in club walks and activities. I agree that club officials may authorize necessary emergency treatment for me, and that I will assume and pay for my own medical and emergency expenses in the case of an accident, illness or other incapacity. I further assume any and all risks associated with participating in club, including, without limitation, falls, contact with other participants, the effects of weather, including high heat and/or humidity, road conditions and traffic on the course, all such risks being acknowledged and appreciated by me. I agree to abide by club rules and to follow any and all instructions given by a club representative. I further understand that club representatives, as volunteers, have no authority to make promises on behalf of or bind Wonders of Walking in any way.
Having read this waiver and knowing the facts, and in consideration of the acceptance of my joining, I hereby for myself, my heirs, successors and assigns, covenant not to sue, and wave, release and discharge all subsidiaries, affiliates, assigns, representatives and successors of the following: Wonders of Walking, LLC, USA Track & Field, REI, any and all federal, state, city, county or regional governing bodies, departments and/or agencies, club officials and volunteers, sponsors, supplies and any other personnel in any way assisting or connected with club, as well as their respective directors, officers, employees, agents and successors, from any and all claims or liabilities arising out of my participating in club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use photographs, motion pictures, video, recordings or any other record of club activities for any legitimate purpose.

Signature:	**Date:**
Signature (Parent or Guardian if under 18):	**Date:**