



Community Member Registration Form

Join us in our 27th Annual Walk 100 Miles in 100 Days® program! Although we state that the goal for participants is to walk at least one mile per day for 100 days, there is no limit as to how many miles can be reported per day. Other forms of equivalent aerobic exercises also count (use a scale of 20 minutes = one mile).

How to Register:

1. Sign and date the program participation waiver.
2. Fill out your personal information and select a t-shirt size.
3. Submit your registration form and t-shirt payment to our address listed below (PO Box 9146) by May 30.

Program Participation Waiver:

I understand that *Walk 100 Miles in 100 Days*® is a voluntary program that may involve strenuous physical activity. I further recognize that any injuries I may sustain are not the responsibility of the Wellness Center at WVU Medicine. I assume the risks for any injury that may occur to me while participating in this program.

Signature: _____ Date: _____

Name: _____

Address: _____

Phone: _____ Email: _____

T-shirt Size	Quantity
<input type="checkbox"/> Small	
<input type="checkbox"/> Medium	
<input type="checkbox"/> Large	
<input type="checkbox"/> XL	
<input type="checkbox"/> 2X	
<input type="checkbox"/> 3X	
<input type="checkbox"/> 4X	

T-shirts cost \$10.00 each. Please make checks payable to:
"WVU Hospitals" or "WVUH" and return with your registration form.

T-shirts will be distributed to the address you indicate above.

If you do not want a t-shirt, do not select a t-shirt size.



Community Member Mileage Tracking Form

2021 Walk 100 Miles in 100 Days®

Name: _____

Reminder:

- * 20 minutes of aerobic exercise = 1.0 mile
- * You can track and record all miles completed without a weekly cap

	wk1 5/31	wk2 6/7	wk3 6/14	wk4 6/21	wk5 6/28	wk6 7/5	wk7 7/12	wk8 7/19	wk9 7/26	wk10 8/2	wk11 8/9	wk12 8/16	wk13 8/23	wk14 8/30	wk15 9/6	
Monday																
Tuesday																
Wednesday															X	
Thursday															X	
Friday															X	
Saturday															X	
Sunday															X	
Totals:																Grand Total:

Please Note: Track your miles each week Monday through Sunday except Week 15 which is only two days (September 6 & 7)

Please submit your completed mileage form to the Wellness Center at WVU Medicine by Wednesday, September 15, 2021