

2025 St. Joe FIT Registration

St. Joe FIT is a free fitness program sponsored by the St. Joseph Health Department and the St. Joseph Parks, Recreation & Civic Facilities Department.

We ask participants to register to help us track the value of the trails and help motivate citizens to stay active. By registering, you are also eligible for weekly giveaways.

First Name: _____.

Last Name: _____.

City: _____ State: _____ Zip: _____.

Email (for contact purposes for weekly giveaways only): _____.

Is this the first year you have participated in St. Joe FIT (circle)? YES NO

- How did you hear about St. Joe FIT (circle all that apply)?
- You have participated in it before
- Friend or Family
- Facebook
- City Website
- Other (Please explain)

Age: _____ Gender (circle): MALE FEMALE OTHER

Waiver: Applications not accepted unless waiver is signed. In consideration of this entry, I the undersigned, intending to be legally bound, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the City of St. Joseph, MO, any and all sponsors, partners, and volunteer workers and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I realize this is a strenuous physical activity, taxing all major components of the body and I attest and verify that I am physically fit, have sufficiently trained for the completion of this event, and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photography, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever.

By signing, you agree to this waiver.

NAME: _____ DATE: _____.