**Participant Waiver for Foothill Striders’ Group Runs**

I know that running is potentially a hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform the group runs and in good health, and I am properly trained. I agree to abide by any decision made by the group leader relative to any aspect of my participation in the group runs, including the right to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in the group runs, including but not limited to: falls, contact with other participants and animals, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road. I understand that for evening or early morning group runs that I am responsible for wearing reflective gear and carrying a flashlight or wearing a head lamp. Plus, I will have available before, during, or after the group runs, liquids to stay hydrated.

Having read this waiver and knowing these facts and in consideration of participating in group runs, I or anyone entitled to act on my behalf, waive and release the Foothill Striders of Blount County and its group members, and the Road Runners Club of America, from all claims or liabilities of any kind arising out of my participation in the group runs, 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 of the foregoing to use my photographs, motion pictures, recordings or any other record of the group runs for any legitimate purpose.

Print Name:

Signature:   
Date:

Print Name:

Parent’s Signature if under 18 years:   
Date: