

Rochester Track Club Saturday Morning Training Runs - 2019

Waiver: Knowingly, I am entering and participating in the Rochester Track Club and Scheels 2019 Marathon and Half Marathon, 10K, and 5K Training Class and Saturday morning runs. I know that running a road race and/or participating in a training program is a potentially hazardous activity, which could cause injury or death. I should not participate and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform in this program, am in good health, and am properly prepared to train. I agree to abide by any decision of a RTC official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running and participating in this program, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, icy roads/trails, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed during the training runs and I will abide by this guideline. I hereby grant full permission to use my name and any photographs, videotapes, or other record of this event for any purpose. Having read this waiver and knowing these facts and in consideration of your accepting my participation entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rochester Track Club, Scheels, the Rochester Athletic Club, the City of Rochester, the County of Olmsted, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ **Date:** _____

Print name: _____

If under 18, Parent or Guardian's Signature: _____

Emergency Contact _____

Contact Phone Number _____