I agree that I am a member of RunGR or RunGR event participant, and I know that participating in and volunteering for organized group runs, bicycling rides, open water swims, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training run, ride or swim, or social activity, unless I am medically able and properly trained, and by my signature, I certify that I am physically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club and designated coaches, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or water, all such risks being known and appreciated by me. I understand that skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my membership or event registration, I, for myself and anyone entitled to act on my behalf, waive and release RunGR, Northview Public Schools and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the 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 of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Signature of Athlete (Parent's Signature if under 18 years):  __________________________________________________________

Date: _________________________________