

DE NOVO HARRIERS BEGINNER TO FINISHER 5K (B2F5K)

Enrollment Form



De Novo Harriers is an affiliate member of the RRCA. Through the RRCA, we are a **501(c)(3) non-profit** organization.

Please mail completed form &
\$75 check payable to
"De Novo Harriers" to:

De Novo Harriers
122 Sherwood Road
Ridgewood, NJ 07450

Enrollment Fee of \$75 includes membership to De Novo Harriers through end of 2020, professional coaching for 9 weeks, a technical running t-shirt, and complimentary entry into the Ramsey PEF 5K on May 9, 2020

For further information, contact Coach Michele at coach@denovoharriers.com

Name: _____

Emergency Contact Name: _____

D.o.B: _____ Gender: _____

Emergency Contact Number: _____

Street Address: _____

How would you rate your current fitness level(1-good to 5-poor) _____

City/State/Zip: _____

T-Shirt Size (S/M/L/XL/XXL): _____

NOTE SHIRT IS UNISEX AND RUNS LARGE!

Cell Phone Number: _____

Please check here if you do not wish to
be called other than an emergency _____

How did you hear about us?: _____

Email: _____

WAIVER

I agree that I am a member of De Novo Harriers (the "Club"), and I know that running in and volunteering for organized group runs, 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 runs or social events; unless I am medically able, and by my signature, I certify that I am medically able to perform all activities associated with the Club and am in good health. I agree to abide by all rules established by the Club, 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 and 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 but not be limited to: falls, injury, contact with other participants, the effects of the weather, including high heat and/or humidity, 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 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, I, for myself and anyone entitled to act on my behalf, waive and release De Novo Harriers and any officers, coaches or representatives thereof, United States Track & Field Association, 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 the Club to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the Club.

SIGNATURE:

DATE:
