



WEST READING
Training Programs

Registration:

Name: _____

Address: _____

Email: _____ Telephone: _____

Age _____ Birthdate: _____

Shirt size: _____

Experience with running:

What is your longest run if applicable to-date?

What are your running goals?

5K = \$75

Assumption of Risk, Waiver of Liability, and Release: I am in good health, proper physical condition, and medically able to run and engage in the strenuous physical activity associated with the training class (the “Class”). I understand that it is advisable to obtain a medical evaluation and my doctor’s approval prior to the initiation of the Class. I understand that the Class involves risks and dangers of serious bodily injury and I hereby assume such risks and all other risks associated with the Class including but not limited to falls, contact with other participants, the effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my registration fee, I hereby for myself, my heirs and executors, administrators or anyone else who might claim on my behalf, covenant not to sue, waive, release, and discharge and agree to indemnify and hold harmless A Running Start, Inc., its agents, officers, employees, and volunteers and any instructors of the Class (collectively, the “Releasees”) from any claims, actions, demands, expenses, or liability arising out of or related to any loss, damage, or injury, including but not limited to personal injury (including death) or property damage, of any kind or nature whatsoever arising out of, or in the course of, my participation in the Class, even if caused in whole or in part by the negligence of the Releasees. I have read and understand this waiver and intend it to be a full and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of the waiver is held to be invalid, the remainder will still be binding and enforceable.

Signature: _____ Date: _____

Parent/Guardian Signature (if participant is under 18): _____