

**GEORGETOWN RUNNING CLUB, INC. ("GRC")  
WAIVER OF PARTICIPATION**

I understand that running in and volunteering for organized group runs, workouts, social events, and races with the Georgetown Running Club ("GRC") are potentially hazardous activities, which could cause me injury or death. I will not participate in any GRC organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature below I certify that I am medically able to perform all activities associated with GRC and am in good health, and I am properly trained.

I assume all risks associated with participating in GRC activities which may include, but are not limited to: falls, contact with other participants; the effects of the weather, including high heat and/or humidity, and/or exposure to cold temperatures; traffic and the conditions of the roads; conditions of practice venues including tracks, trails, and roads; and travel to GRC events, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of being allowed to participate in GRC activities, I, for myself and anyone entitled to act on my behalf, waive and release GRC, GRC's coach, GRC's board members, GRC's past, current, and future members, the Road Runners Club of America, all GRC sponsors, and each of those individual's and entity's representatives and successors, from all claims or liabilities of any kind arising out of my participation with GRC, even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver.

I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in GRC organized activities and I agree to abide by this rule.

I agree to abide by all rules established by GRC, including the right of any GRC official to deny or suspend my participation with GRC for any reason whatsoever.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate purposes, as determined by GRC.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian's Signature (if under 18) \_\_\_\_\_

Date \_\_\_\_\_

Emergency Contact Name(s), Relation \_\_\_\_\_

Emergency Contact Phone Number(s) \_\_\_\_\_