

## MOCO TRACK CLUB WAIVER FORM

I agree that "I" (**name here** \_\_\_\_\_), am a member of the MoCo Track Club and I know that running in and volunteering for organized group training runs, social events, and races with the MoCo Track Club are potentially hazardous activities, which could cause injury or death.

I will not participate in any club organized events, group training runs, social events or races unless I am medically able and properly trained 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 understand there are certain physical risks created by participating in sporting activities and 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, cold weather and/ or snow), traffic and the conditions of the road/ paths/ grass fields and/ or track ~ all such risks being known and appreciated by me and I will not hold the MoCo Track Club "Responsible" for any injuries, which may occur, as a result of me OR my child or children's participation.

Having read this WAIVER OF LIABILITY and knowing these facts and in consideration of you accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the MoCo Track Club, their coaches, 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 also 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:

Date:

Date of Birth:

Parent's Signature if under 18 years:

Date: