

## TrainLikeAKenyan Running Club.

### Registration Form

Date: \_\_\_\_\_

Name: Last: \_\_\_\_\_ First: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender: M F

### Waivers and Release

I the undersigned, am aware that participating in a program such as "TrainLikeAKenyanRunning Club" Training program is a potentially hazardous activity, and that I, (or my child, if I am signing as parent or guardian) should not so participate unless physically able. I verify that I (or my child, if I am signing as parent or guardian) am medically fit to participate, and will have sufficiently trained for the event prior to participation. I (and my child if I am signing as parent or guardian) agree to abide by the rules and decisions of any event official relating to participation, and assume all risks associated with participation in the event and any associated event or activity, including but not limited to, falls contact with other participants, effects of the weather such as high heat and/or humidity, traffic, road conditions, or such risks being known and appreciated.

I (and my child, if am signing as parent or guardian) and any one entitled to act on my (or our) behalf(s), assume all risks associated with participation, and waive any and all claims what so ever against, and fully release TrainLikeAKenyan Running Club, program coaches and all program promoters, and sponsors, and their representatives and successors, from all claims, damages, or liability of any kind arising from my (or my child's) participation in these event.

I grant full permission to any and all of the forgoing to use my (and my child's) name, or photographs video tapes or other recordings or participation in this event, without obligation or liability to me (and my child). I also understand that entry fees are not refundable. I have read these agreements carefully, understand it, and satisfy my agreement by my signature below.

Signed \_\_\_\_\_ Date \_\_\_\_\_