

**Greenville, Illinois Running Club  
Release and Waiver**

Greenville Running Club believes in promoting healthy and safe running habits so we urge all members to take time, be careful, get to know your limits, and most of all exercise common sense and be safe. All members of Greenville Running Club must read and accept these terms of membership/participation. This is an important legal document, which may have significant consequences to you or those related to you. Read carefully and make sure that you understand it before signing.

**Acknowledgement:** I acknowledge and agree that Greenville Running Club, its agents, representatives, volunteers and sponsors cannot assure my safety during participation in club activities. I acknowledge and agree that participation in the club activities exposes me to risks including, but not limited to, falls, running-related injury, conditions of the road and traffic, contact with other participants, effects of weather, high-heat and/or humidity, and any other such risks, known and unknown. I understand that my participation in the club activities is strictly voluntary on my part and I am participating at my own risk. I will not participate in any club organized events, group training runs or social events 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, I am in good health, and I am properly trained. 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.

**Release of claims:** I, for myself, my heirs, executors, administrators, successors and assignees hereby release, waive and forever discharge and hold harmless the Greenville Running Club, its agents, representatives, mentors, volunteers, sponsors, and successors from all claims, demands, damages, costs, expenses, actions and causes of actions, whether in law or equity, in respect of death, injury, loss or damage to my person or property, howsoever caused, arising out of, by reason of, or during my attendance at or participation in club activities, whether as a spectator, participant or otherwise (all of the foregoing referred to hereafter as the "claims"), whether or not the claims result from my following any activity, program and/or exercise on the recommendation of any of the Greenville Running Club parties, whether such claim arises out of events prior to, during or subsequent to said attendance or participation, even if such claims were caused by, contributed to, or occasioned by the negligence, fault or other conduct of Greenville Running Club parties.

In signing this release I acknowledge and represent that I have read the foregoing waiver of liability, understand it in the language it is written, and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements apart from the foregoing written agreement have been made; I am at least eighteen (18) years of age and fully competent (if not eighteen (18), my parent(s) or guardian(s) agree with the terms of this document and sign it as such); and I execute this waiver of liability for full, adequate, and complete consideration fully intending to be bound by same. I 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: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Parent's Signature if under 18 years: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Printed Name: \_\_\_\_\_