



MRA Coaching and Training Activity Waiver

As a participant of the 8 weeks to the Corridor Nine 5k training program or associated classes or camps, I will engage in strenuous physical activities and classes. I hereby state that they have consulted with a physician and have been made aware of any all aspects of the program. I hereby assume all risks, whether foreseeable or unforeseeable associated with said physical activities. I understand that these physical activities involve certain risk and exposure to injury, which risk and exposure I voluntarily assume for myself and any member of my family, including children. In consideration of mutual covenants contained herein and other good and valuable consideration, including the use of the facilities and the admission of members of my family including children, the receipt and sufficiency of which is hereby acknowledged, I hereby release in full and forever discharge the MRA Multisport club, its Directors, Officers, Agents and Members, whether acting officially or otherwise, on behalf of myself and any member of my family, our Representative Heirs, Executors, Administrators and Personal Representative from any and all claims, demands, or causes of action relating to or deriving from any injury to me or to any member of my family, including children during or arising out of the use the exercise equipment facilities or participation in events, including all risk connected therewith, whether foreseen or unforeseen. I sign this document freely and voluntarily and under no undue influence. I fully understand that if I am physically injured while participating in the said Wellness Program, I hereby waive any and all claims, lawsuits, demands or causes of action against MRA Multisport and Coaching and Training.

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or track all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the MRA Multisport club and Coaching and Training, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

I, _____ have read the preceding information and hereby agree to it.

Signature _____ Date: _____

Parent/Guardian Signature: (for ages 4-18) _____

Address: _____

Phone: _____ E-mail: _____

Emergency Contact: _____ Contact Number: _____