

Participant's Name _____ Age _____

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in Janet Hamilton's Training Program through Running Strong I, for myself, my heirs, personal representatives and assigns, do hereby release, waive, covenant not to sue and discharge Janet Hamilton, and Running Strong from liability from any and all claims including the negligence of Janet Hamilton resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in a running, walking, cycling, swimming or multisport training program.

Signature

Date

Assumption of Risks: Participation in physical activity and conditioning programs carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know that exercise is a potentially hazardous activity and certify that I am in good health and physically fit to enter into a general conditioning program. I acknowledge that I am aware of the many risks involved in various forms of exercise in general and walking training specifically, which risks include by way of example and not limitation: 1) minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries such as heat stroke and heat exhaustion, dehydration and over hydration conditions such as hyponatremia, and catastrophic injuries and conditions such as heart attacks and other conditions or injuries which could be fatal. I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in exercising and training for general conditioning and health improvement. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

_____(Initial)

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD HARMLESS Janet Hamilton and Running Strong from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in Janet Hamilton's Training Program _____(Initial)

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Georgia and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature

Date