

“Couch to 5K Class” Entry Form

Your signature below these two paragraphs indicates that you have read, understand, and agree to both. This entry form also provides the information for your one year Florida Strider Membership, which is included with your class entry fee.

Class Release & Indemnification Agreement: The person named on this registration form wishes to participate in the Running Program (the “Program”) from Sep 12th through Nov 17th, 2018. Those who have made this Program possible -- The Florida Striders, their sponsors, and St. Johns Country Day School, volunteers, and officials (collectively, the “Organizers”) -- wish to ensure to the fullest extent possible that they are not sued or held liable for injuries or damages sustained by participants or those attending the Program. I make this release and indemnification agreement on my behalf, and on behalf of anyone who would be able to sue if I were injured while participating in or attending this Program. In return for being allowed to participate in this Program, I agree and acknowledge as follows: 1) Participation and attendance at Training programs, especially those held on trails, carries with it some risk of serious injury, including even in rare cases, death. The risks include, but are not limited to, those caused by overexertion, vehicular traffic, the course, weather, facilities, equipment, Organizers, spectators, and other participants; 2) I assume all risk of participating in and attending this Program; 3) I understand that the Organizers of this Program are relying upon the agreements and representations I make in here; 4) I release the Organizers of the Program from any and all claims, including negligence claims and claims relating to personal injury or property, arising out of my participation or attendance in this Program, except I do not release reckless or intentional tort claims; 5) I agree to indemnify the Organizers if I or anyone else brings a claim against the Organizers due to injuries I receive due to my participating in or attending the Program (“indemnify” here means to reimburse the Organizers for any sums they have to pay and expenses/fees they incur due to an injury claim related to me); 6) I give permission for the free use of my name and picture in any broadcast or print media account or promotion of this event; and 7) I have carefully read this document and understand it. If I am under 18 years old, my parent or guardian is signing on my behalf, and my parent or guardian also agrees to indemnify the Organizers if I or anyone else brings a claim against the Organizers due to injuries I receive due to my participating or attending this Program. With knowledge of the risks involved and the rights I give up, I waive the rights I might otherwise have, and I freely sign this document. **I will notify Sara Guthrie if I do not wish my contact information shared with the rest of the class** (contact information is usually shared to facilitate group run coordination.)

Membership Liability Waiver: I know and understand that participating in and/or volunteering to work at FSTC races are potentially hazardous activities. I will not participate in club activities unless I am medically able and/or properly trained to do so. I agree to abide by any decision of a race official relative to my ability to safely complete a FSTC sponsored race. I assume all risks associated with running and volunteering to work in club races including, but not limited to, slip/trip/falls, contact with other participants, volunteers, or officials, the effects of the weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership I, for myself and anyone entitled to act on my behalf, waive, release, and agree to hold harmless the Road Runners Club of America, the Florida Striders Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though these liabilities may arise out of negligence or carelessness on the part of persons named on this waiver.

Participant’s Signature _____ Date ____/____/____

Parent’s Signature (if participant under 18) _____

Name _____

Address _____

City _____ State _____ ZIP Code _____

Sex: ____ Birth Date: ____/____/____ Phone: _____-_____-_____

E-mail Address _____ (please print clearly!)

Please describe how much (if any) running or walking you are currently doing and how often:

Entry Fee enclosed \$ _____ (\$25 per person or family) - free for existing Florida Strider members

For questions contact Vicky Connell at 904-707-8469 or vickyjc@comcast.net

Register online at <http://www.floridastriders.com/running-classes/> or Mail completed forms, with your check made out to “Florida Striders” to: Sara Guthrie, 8125 Coralberry Lane, Jacksonville, FL 32244