



**PARENT/GUARDIAN CONSENT
AND
RELEASE AND WAIVER OF LIABILITY**

If you are under the age of 18, this form must be signed by you as the participant AND by your parent or legal guardian.

I agree that I am a member of Tacoma Runners, and I know that running in and volunteering for organized group runs, social events, and races with this group are potentially hazardous activities, which could cause injury or death. I will not participate in any organized events, group training runs or social events, unless I am medically able and properly trained, and by my electronic signature, I certify that I am medically able to perform all activities associated with the group and am in good health, and I am properly trained. I agree to abide by all rules established by the group, 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 Tacoma Runners and agree to abide by them. I assume all risks associated with being a member of the Tacoma Runners and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, ice, snow, traffic and the conditions of the road, all such risks being known and appreciated by me.

By registering at TacomaRunners.com I agree not to post any messages that are obscene, vulgar, slanderous, hateful, threatening, or that violate any laws.

Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the the Tacoma Runners, the City of Tacoma, Metro Parks Tacoma, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the group, 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 for any legitimate promotional purposes.

PARTICIPANT'S NAME (Please Print)
Participant's Signature
X
Date:

PARENT/GUARDIAN'S NAME (Please Print)
Parent/Guardian Signature
X
Date:

EMERGENCY INFORMATION

In case of emergency please contact:

Name:

Relationship:

Phone: