

WAIVER MUST BE READ AND SIGNED

FOR GOOD AND VALUABLE CONSIDERATION, INCLUDING PERMISSION TO PARTICIPATE WITH TEAM RUNNERS HIGH IN ALL SCHEDULED AND NON-SCHEDULED WORKOUTS, ROAD RUNS, AND ALL OTHER TEAM-RELATED ACTIVITIES, I, for myself, my successors, heirs, assignees, executors, administrators, spouse and next of kin:

- 1) Agree that prior to participating I will inspect the facilities and areas to be used, including road run courses, and if I believe any item or condition is unsafe, I will immediately advise the person supervising the activity and that I will in any event take responsibility for my own running safety.
- 2) Acknowledge that I fully understand that my participation may involve some risk of serious injuries or death, including economic losses, which may result not only from my own actions, inactions or negligence, but also from actions, inactions, or negligence of others, or the conditions of the facilities, equipment, areas, or courses where the activity is being conducted.
- 3) Assume any and all risks of personal injuries to myself, including medical and or hospital bills, permanent or partial disability, death, and damages to my property, caused or arising from my participation in any team-related activity.
- 4) Covenant not to sue or present any claim for personal injury, property damage, or wrongful death, against Team Runners High, a California nonprofit corporation, Runners High, Inc., any city where the activity is taking place, or any individual member of Team Runners High, or any agents, for damages attributable to my participation in any team-related activity.
- 5) Release, waive, discharge, and relinquish: Team Runners High, a California nonprofit corporation, Runners High, Inc., their officers, directors, employees, and agents from any liability, loss, damages, claim, demand or cause of action against them arising from or attributable to my participation in any team-related activity, whether same shall arise by their negligence or otherwise.
- 6) Agree that photographs, pictures, slides, movies, or videos of me may be taken in connection with my participation in any team-related activity without compensation. I further consent to the use of the photographs, pictures, slides, movies or videos for any legal purpose including but not limited to the Team Runners High Newsletter, Team Runners High e-mail updates, Team Runners High web site, or in any Runners High retail store location.
- 7) Warrant that I am in good health and have no physical condition that would prevent me from participation in any activity with Team Runners High.

This document relieves Team Runners High, a California nonprofit corporation, Runners High, Inc., their officers, directors, employees, and others from liability for personal injury, wrongful death, and property damage, by negligence or otherwise. I have read this document and understand that I am giving up substantial rights, and I assume all risks by signing it, and I sign it voluntarily.

Printed Name

Applicant's Signature or
Parent's Signature if under 18 years of age.

Date