

# GFR XC Pre-Season Group Runs

**Who:** High School and College Runners

**What:** Summer Runs

**When:** 4:30pm on Thursday's, July 8, 15, 22, 29

**Where:** Gallagher Fitness Resources, 503-364-4198



**Why:** Fun, summer training opportunity with other high school and college runners. Find new training buddies from other schools. Prep for August Bush Park Runs and Fall XC.

**Post-Run:** Pizza and prizes every Thursday

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ School: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

**WAIVER:** *I know that running and walking are potentially hazardous activities. I am taking responsibility for medical clearance and for being physically able and properly trained to participate. I have consulted with my physician or primary health care provider. I agree to abide by any decision of program officials relative to my ability to safely participate. I assume all risks associated with running, but not limited to my own fitness and health condition. I acknowledge the effects of weather, including cold, windy conditions, rain, high heat and/or humidity, or that falls, contact with other participants, the condition of sidewalks and/or roads, and possible traffic on the route, are all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release Gallagher Fitness Resources, GFR Inc, and all other sponsors, program officials, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence or carelessness on the persons named in this waiver and other organizations. I grant permission to GFR, Inc. to use any photographs, video, or any other record of this program for any legitimate purpose. I understand that bicycles, skateboards, roller blades, and audio headsets are not allowed and I will abide by this guideline. If I am younger than 18 years old, I have obtained permission to participate from a parent or guardian as signified below.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature if under 18 years old: \_\_\_\_\_ Date: \_\_\_\_\_