



**Waiver and Release:** I know that walking, running and road racing are potentially hazardous activities. By entering this program I am taking responsibility for medical clearance and I certify that I am physically fit and properly trained to participate in this program. I assume all risks associated with the program, including, but not limited to, my own fitness and health condition, injury, falls, contact with other participants, the effects of weather including high heat and humidity, wind, traffic and the condition of the road, all of which I understand and acknowledge. Having read this waiver and release and in consideration of your accepting my application to participate in the program, I, on behalf of myself and my heirs, administrators, executors, assigns and representatives, waive and release the San Francisco Road Runners Club (SFRRC), Road Runners Club of America, the members of the SFRRC Board of Directors, the SFRRC officers, program directors, assistant directors, coaches, assistant coaches, group leaders and volunteers and all sponsors, representatives and successors of any and all of the foregoing (the Releasees), from all claims, liabilities, demands and causes of action of any kind arising out of or relating in anyway to my participation in the program or any act or omission (whether constituting negligence or otherwise) of any of the Releasees.

**It is my intention in executing this waiver and release that it shall be effective as a bar to every claim, liability, demand and cause of action described above and in furtherance of this intention, I hereby expressly waive any and all rights and benefits conferred upon me by the provisions of Section 1542 of the California Civil Code and expressly agree that this waiver and release is intended to an does extend to any cover claims of the type referred to in Section 1542, which reads as follows: “A general release does not extend to claims which the creditor does not know or expect to exist in his/her favor at the time of executing the release, which if known by him/her must have materially affected his/her settlement with the debtor.” I hereby expressly consent that this waiver and release shall be given full force and effect according to each and all of its express terms and provisions, including, as well, those relating to unknown and unsuspected claims, liabilities, demands and causes of action specified above.**

I grant permission to all of the foregoing to use any photographs, video and sound recordings in which I appear, and any other record of this program, for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals, headphones, and radio, CD or digital headsets are not allowed during participation in this program and will abide by these guidelines. I understand membership dues and training fees are non-refundable.

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Print Name (Please print legibly)*

\_\_\_\_\_  
*Email (Please print legibly)*

\_\_\_\_\_  
*City/State (Please print legibly)*

*Would you like to be contacted about joining the SFRRC? [ ] Yes*

*How did you hear about us?* \_\_\_\_\_



***THANKS FOR COMING OUT TO RUN WITH US.***

**PLEASE PRINT THIS FORM AND BRING IT WITH YOU ON YOUR TEST RUN**

If you are not a current member of the SFRRRC, please complete this form and bring it to the Saturday volunteer on duty. Runs begin at 7:45 a.m. so arrive a few minutes early to check in, speak with a coach and determine which pace group and distance is right for you. Check [www.SFRRRC.org](http://www.SFRRRC.org) to learn the meeting location and date of the next test run for prospective members. All other Saturday club runs, Tuesday track work outs and Thursday group runs are exclusively for members.

**Q: What should I expect on a test run?**

*Come ready to run! After talking with a coach, you'll be directed to a pace group based on your current ability. You'll run with the group for 3 and up to 12 miles. The routes vary so stick with a group you can run with comfortably and they will get you back to the start.*

**Q: How do I know who to run with?**

*Our knowledgeable coaches will ask you about your running experience and help determine which pace group you should try. You should be able to run comfortably and be able to talk during the entire run whether that's at a 7:30 min/mile pace or a walking pace.*

**Q: How will I know where to go?**

*Each pace group has a volunteer leader who reviews the route in advance. He or she will provide directions based on the distances members are running. Members can view and print the routes in advance.*

**Q: What should I bring? Is there a place to leave my stuff?**

*Come prepared to run with good running shoes and weather appropriate clothing. At a minimum carry ID and a water bottle with you. Unfortunately, we do not have a club house, and we all leave together to run, so there is no place to leave any items.*

**Q: How far will I run?**

*Weekly runs start at 3 miles and go out to marathon training distance. Members have access to training plans with distance goals for each week. Coaches can help determine what the best plan for you would be based on your goals. Brand new runners or walkers are encouraged to join our Running 101 program which starts in January and increases in distance each week.*

**Q: How do I join?**

*Visit our website at [www.sfrrc.org](http://www.sfrrc.org). Membership lasts a year from the day you join and includes access to the website with training schedules and regular club emails with details of upcoming runs and special events.*