



## BREAKAWAY GROUP RUNS 2016

Breakaway Group Runs are an informal group of runners who meet and run together. These runs are free to participants. All participants should have medical clearance and know they are physically prepared to participate. Suggested courses will be posted weekly on Face book and Map My run. Each individual should be aware of their capability and adjust or shorten their runs and pace accordingly. Please ask one of the Breakaway associates if you have any questions. Bring fluids and hydrate well. Runs will be on public roads and trails. Breakaway Running does not provide and is not responsible for traffic control at any time. As there is no traffic control, obey all laws and run defensively.

Please fill out and sign the following before beginning running with the group.

Name \_\_\_\_\_ Sex (circle one) M F

Street Address \_\_\_\_\_ Age as of 1/1/2016 \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

emergency contact name \_\_\_\_\_

phone \_\_\_\_\_

Any medical condition affecting your running? \_\_\_\_\_

\_\_\_\_\_

In consideration of my participation in the Breakaway Training Group, I the undersigned, intending to be legally bound, hereby release any and all rights and claims for damages I may have against this group, its sponsors, and officials, its beneficiaries, any and all other representatives and successors, and assigns for any and all injuries suffered by me in this program, that is one of endurance, and that the terrain on the roads and trails and/or climatic conditions can pose a health risk. I attest and verify that I am physically fit and have attained a level of fitness sufficient to participate in these runs. I agree not to wear earphones while participating and understand that I am to run facing traffic. I will wear bright clothing and reflective gear in low light conditions. I UNDERSTAND AND ACKNOWLEDGE THAT THERE IS NO TRAFFIC CONTROL DURING THE TRAINING RUNS AND WILL BE RESPONSIBLE FOR MY OWN SAFETY AT ALL TIMES WHILE PARTICIPATING AS I UNDERSTAND THE IMPORTANCE OF SAFETY FOR BOTH MYSELF AND THE RUNNING GROUP.

Signature \_\_\_\_\_ date \_\_\_\_\_

This form must be signed by a parent or guardian if participant is under 18 years old.