



The North Shore Distance Running Club

In consideration of the acceptance of my Club fees, I, for myself, my minor children, my heirs, executors, administrators, personal representatives, successors and assigns, do hereby waive and release and discharge any and all rights, claims for damages or equitable relief and causes of action, for any and all injuries suffered by me while participating in Club activities, or for any other reason, which I have or may have against any and all persons, organizations and entities associated with the North Shore Distance Running Club, including but not limited to all sponsors of the Club, individual Club members and their respective families, Club directors, individual Club organizers, its employees, agents, representatives, servants, successors and assigns, arising out of or in connection with my membership. I attest and verify that I am fully capable of partaking in distance running and am not suffering from any ailment or condition that would inhibit me when running or would cause an increased likelihood that I would sustain a serious injury or medical problem while running. I understand that running or walking during Club activities is physically demanding and I attest and verify that I am physically fit and have sufficiently trained for the completion of any training or other Club events and any pre- and post-event activities. I attest and verify that my physical condition has been verified by a licensed medical doctor. I hereby grant full and cost-free permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of my name, photograph, likeness and voice for any legitimate purpose including but not limited to commercial advertising, broadcasts, telecasts, newspapers, newsletters, and on the Club's website.

Signature

Print Name

Date