



Please Print:

Last Name

First Name

Initial

Street Address

City

State

Zip Code

Age

Day Phone

Evening Phone

Email Address

Release and Waiver

In consideration for the acceptance of this application for entry to Fleet Feet Racing-Buffalo, an RRCA sanctioned running club, I hereby acknowledge that Fleet Feet Sports, Fleet Feet Sports of Buffalo, their employees, officers, directors, shareholders, agents, representatives, volunteers & sponsors cannot assure my safety during participation in the Training Group. I recognize that participation in the Training Program exposes me to risks including but not limited to running related injury, traffic & the detrimental effects of heat & pollution. Applicant acknowledges that his/her participation in the Training Program is entirely voluntary & hereby assumes all responsibility for personal injury. Applicant further represents & warrants to the best of his or her knowledge that Applicant is in good health & physical condition & is able to engage in the Training Program without any health or physical concern to his or her well being.

I, therefore, for myself, my heirs, executors, administrators, successors & assigns, HEREBY RELEASE, WAIVE & FOREVER DISCHARGE & SAVE HARMLESS THE "RELEASED PARTIES" (DEFINED TO INCLUDE: FLEET FEET AGENTS, REPRESENTATIVES, VOLUNTEERS & SPONSORS), jointly & severally, from any & all claims, losses, damages, demands, costs, causes of action or liability of any kind, whether in law or in equity, for injury or death, or loss or damage to property, from whatever source, of whatever nature, resulting or arising from my attendance at or participation in the Training Program, whether as a spectator, participant or otherwise & whether or not as a consequence of my following any program of diet &/or exercise on the recommendations of any of the aforesaid; whether prior to, during or subsequent to said attendance or participation AND NOTWITHSTANDING THAT ANY SUCH CLAIM MAY HAVE BEEN CONTRIBUTTED TO OR OCCASIONED BY THE NEGLIGENCE OF THE AFORESAID.

The undersigned has read this release & waiver & understands all of its terms & executes it voluntarily & with full knowledge of its significance.

Signature of Applicant

Date

Non-refundable registration fee of \$60.00 covers training in 2007. Make checks payable to Fleet Feet Sports of Buffalo. Credit Cards can not be accepted for the training groups.