☐ Winter Program (Jan – Jun)
☐ Summer Program (Jun– Nov)
Year: _____

APPLICATION & WAIVER

(Please complete all information on BOTH sides of sheet)

PERSONAL DATA (Please PRINT clearly)

First Name Last Name

☐ Male
☐ Female

Date of Birth Age

Address

City Zip

Home Phone Mobile Phone

Emergency Contact Name Emergency Contact Phone

Email Address

RUNNING SHIRTS
(Included in Registration for New Members ONLY)

☐ Male | ☐ Female

XS | S | M | L | XL | XXL
(circle one)

PROGRAMS (select one)
___ Run
___ Walk to Run
___ Walk
___ Sustaining

REGISTRATION (No Refunds)

☐ Member ($20.00)

$|___|___|___|.|___|___| PAID

☐ Cash
☐ Check (payable to: ***Seattle Walk Run***)

CERTIFICATION OF MEDICAL CONDITIONS

I understand that prior to participating in a Seattle Walk Run Training Program, I should consult with a doctor. I also understand that anyone beginning an exercise program for the first time, or restarting an exercise program after a period of inactivity, must consult a doctor before participating in a Seattle Walk Run Training Program. Further, anyone who conforms to any one of the following criteria must consult a doctor and receive written permission from that doctor before participating in a Seattle Walk Run Training Program:

1. Over the age of 60 and not accustomed to vigorous exercise;
2. Have a family history of premature (i.e., under 55 years of age) coronary artery disease;
3. Frequently have pains or pressure in the left or mid-chest area, neck, shoulder, or arm during or immediately after exercise;
4. Often feel faint or have spells of severe dizziness, or experience extreme breathlessness after mild exertion;
5. A doctor has said that you have heart trouble, that you have a heart murmur, or that you have had a heart attack;
6. A doctor has said that you have bone or joint problems; or
7. Have a medical condition not mentioned here that might need special attention during an exercise program (ex., insulin-dependent diabetes).

I do hereby further certify and declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my attendance at, participation in and/or receipt or following of instructions or recommendations in connection with a Seattle Walk Run Training Program. I do hereby acknowledge that I have been informed of the need to consult with a doctor before participating in a Seattle Walk Run Training Program. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and/or consultation with my physician as to physical activity, exercise programs, and participation in a Seattle Walk Run Training Program so that I may have his/her recommendations concerning those exercise programs and any nutritional programs. I acknowledge that I have either had a physical examination and been given my medical practitioner's permission to participate in a Seattle Walk Run Training Program or that I have decided to participate in a Seattle Walk Run Training Program without the approval of my physician and do hereby assume, subject only to the statutory rights and implied warranties which by law cannot be excluded, all responsibility for my participation in a Seattle Walk Run Training Program.

_____ _____
Signature of Participant Date

IF PARTICIPANT IS UNDER AGE 18: I am the parent or legal guardian of the Applicant, a minor, who has signed this form. I have READ, and AGREE to, and CONFIRM the accuracy of, the above Certification of Medical Condition with respect to the minor's medical condition as condition for participation in the Training Program of the above-signed Applicant. I hereby represent and warrant that I am the Parent or Guardian of the Applicant and have the capacity to sign all the documents required for acceptance of the minor's application for the Training Program.

_____ _____
Signature of Participant or Guardian (if applicant under 18) Date

SEATTLE WALK RUN – WAIVER, RELEASE & INDEMNITY AGREEMENT (CONTD.)

I understand and am aware that exercise programs, including running and walking training programs, as well as, nutritional programs are potentially hazardous activities. I also understand that there is an inherent risk of injury, whether caused by me or someone else, in the attendance at or participation in a Seattle Walk Run running or walking program.

This includes (whether currently existing or hereafter placed into service) but is not limited to the following provided by Seattle Walk Run:

- running and/or training schedules for marathon training or other running or walking program;
- training group runs or walks; and running or walking technique instructions;
- strength training instruction and personal training;
- nutrition and hydration instructions or recommendations;
- and other running, walking, training or fitness instructions, recommendations, and services (collectively for convenience called the "Seattle Walk Run Training Program").

I understand and agree that my attendance at an/or participation in all or any part of a Seattle Walk Run Training Program exposes me to risks including, but not limited to:

1. Injuries including any accidental or "slip and fall" injuries;
2. Injuries arising from participation in supervised or unsupervised activities, including individual training during the week, and programs, instructions or recommendations within or outside of a Seattle Walk Run Training Program, to the extent sponsored, endorsed or permitted by a Seattle Walk Run Training Program;
3. Injuries or medical disorders, including but not limited to, running related injuries, heart attacks or other stress, strokes, heat stroke or dehydration, sprains, broken bones and torn or injured muscles, tendons, or ligaments, head injuries and death;
4. Injuries resulting from traffic and the effects of heat, cold and pollution; and
5. Injuries resulting from the actions taken or decisions made regarding medical or survival procedures.

Knowing this and in consideration of being permitted to attend, participate in and/or receive or follow instructions or recommendations in a Seattle Walk Run Training Program, in addition to the payment of any fee or charge and other good and valuable consideration, and subject only to the statutory rights and implied warranties which cannot be excluded, I, for myself, my spouse, my heirs, my estate, my personal representatives, my assigns, my children and any guardian ad litem for said children, hereby knowingly, intelligently, and voluntarily waive, release and forever discharge Seattle Walk Run, their officers, directors, affiliates, subsidiaries, agents, employees, independent contractors, sponsors, representatives, volunteers, successors and assigns (for convenience collectively called "Seattle Walk Run representatives") of and from all claims, demands, damages, attorney's fees, costs, expenses, actions and causes of action, whether in law or in equity, for death, injury, loss or damage to my person or property, howsoever caused, arising out of, by reason of, during, or connected with: my attendance at, participation in and/or receipt or following of instructions or recommendations in connection with a Seattle Walk Run Training Program, whether as a spectator, participant or otherwise, my following any program, diet and/or exercise on the recommendation of any Seattle Walk Run representative(s); all medical problems known or unknown whether existing now or in the future, and all omissions or commissions of, including any liability arising from the negligence of, Seattle Walk Run representatives.

IT IS MY INTENTION BY THIS INSTRUMENT TO EXEMPT AND RELEASE SEATTLE WALK RUN AND SEATTLE WALK RUN REPRESENTATIVES FROM ALL LIABILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE, THEFT, LOSS, OR WRONGFUL DEATH CAUSED BY OR RESULTING FROM NEGLIGENCE IN WHOLE OR IN PART OF SEATTLE WALK RUN AND/OR SEATTLE WALK RUN REPRESENTATIVES.

Further, if I engage in a Seattle Walk Run Training Program, I acknowledge that I am voluntarily attending and/or participating in the Seattle Walk Run Training Program with knowledge of the dangers involved. Subject to the statutory rights with implied warranties which by law cannot be excluded, I hereby agree to expressly and personally assume and accept any and all risks of injury (whether physical or mental) or death, loss, theft or damage of personal property caused directly by me or as a result of my conduct, omissions or negligence of others, whether foreseen or unforeseen in connection with my attendance, participation, and/or receipt or following of instructions or recommendations in a Seattle Walk Run Training Program. I hereby further agree to expressly assume all responsibility for any injury (whether physical or mental) or death, loss, theft or damage of personal property to any third person (including Seattle Walk Run representatives) arising directly or indirectly through my conduct, omissions or negligence related to my attendance at, participation in, and/or receipt or following of instructions of recommendations in a Seattle Walk Run Training Program, whether foreseen or unforeseen.

I agree to defend, indemnify and hold harmless Seattle Walk Run and all Seattle Walk Run representatives against all liability, related in any way to claims, demands and causes of action by me, my spouse, my heirs, my estate, my personal representatives, my assigns, my children and any guardian ad litem for said children, for costs, expenses, and damages of any kind or character, including attorney's fees, arising out of or resulting from my attending, participating and/or receiving or following instructions or recommendations in a Seattle Walk Run Training Program, whether as a spectator, participant, or otherwise. I further agree to defend, indemnify and hold Seattle Walk Run and all Seattle Walk Run representatives harmless against all liability, claims and costs, including attorney's fees, arising out of my negligent or willful acts or omissions.

I understand and agree that this Waiver, Release and Indemnity Agreement (the "Agreement") will be binding on me, my spouse, my heirs, my estate, my personal representatives, my assigns, my children and any guardian ad litem for said children.

I agree and authorize Seattle Walk Run, the Seattle Walk Run Training Program, its subsidiaries, agents and clients to utilize videotape or still images in which images of me or my likeness and/or recording of my voice and/or name appear, for mass presentation without my knowledge or approval in advance of such use, and without financial or other compensation due to me. The presentations may be in web, print video or other medium.

Should any provision of this Agreement or the documents executed in connection with its implementation be held unenforceable, illegal or invalid under the laws of the United State of America or the State of Washington or under any other applicable laws of any other jurisdiction, then the parties hereto agree that such provision will be deemed modified for purposes of performance of this Agreement in such jurisdiction to the extent necessary to render it lawful and enforceable; or if such a modification is not possible without materially altering the intention of the parties hereto, then such provision will be severed herefrom for purposes of performance of this Agreement in such jurisdiction. The validity of the remaining provisions of this Agreement will not be affected by any such modification or severance. The parties intend that this Agreement be given the interpretation most appropriate for giving effect to the agreements contemplated in this Agreement. The parties will use their best efforts to agree upon a valid and enforceable provision that will be a reasonable substitute for such invalid or unenforceable provision in light of the tenor of this Agreement, and upon so agreeing, will incorporate such substitute provision in this Agreement. In the absence of agreement, the trier of fact's determination (subject to appeal) of what is a reasonable substitute will govern.

It is understood that in your capacity as "coach" you will not be asked, required or compensated in any fashion for making use of any automobile, motorcycle or other passenger vehicle, conduct any business for, to make any delivery or pickup, to transport any member, coach or participant to or from any location. Any use by you of any vehicle with respect to your capacity as a coach is purely voluntary. You assume any and all risks of bodily injury and property damage associated with the operation or occupying of any vehicle including any conveyance of any other member, coach or participant and their property.

I ACKNOWLEDGE THAT I HAVE READ THIS AGREEMENT CAREFULLY AND THAT I UNDERSTAND THE WORDS AND LANGUAGE IN IT. I HAVE BEEN ADVISED OF THE POTENTIAL DANGERS INCIDENTAL TO ATTENDING, PARTICIPATING IN AND/OR RECEIVING OR FOLLOWING INSTRUCTIONS OR RECOMMENDATIONS IN CONNECTION WITH A SEATTLE WALK RUN TRAINING PROGRAM. I AM AT LEAST (18) EIGHTEEN YEARS OF AGE AND AM FULLY COMPETENT. IF I AM NOT AT LEAST 18 YEARS OF AGE, THIS DOCUMENT IS SIGNED ON MY BEHALF BY MY FULLY AUTHORIZED AND COMPETENT PARENT OR LEGAL GUARDIAN AND SUCH PARENT OR LEGAL GUARDIAN FURTHER CERTIFIES, ACKNOWLEDGES AND AGREES THAT HE OR SHE WILL DIRECTLY SUPERVISE THE APPLICANT DURING THE APPLICANT'S ATTENDANCE AND PARTICIPATION IN A SEATTLE WALK RUN TRAINING PROGRAM. THIS AGREEMENT WILL BE CONSTRUED UNDER AND IN ACCORDANCE WITH THE LAWS OF THE STATE OF WASHINGTON. IT IS AGREED THAT VENUE FOR ANY DISPUTE BETWEEN US WILL BE IN A COURT OF COMPETENT JURISDICTION IN KING COUNTY, WASHINGTON.

_____	_____
Signature of Applicant Date	Printed Name of Applicant Date
_____	_____
Signature of Witness – Seattle Walk Run Representative Date	Printed Name of Witness – Seattle Walk Representative Date
_____	_____
Signature of Parent or Guardian (if applicant under 18) Date	Printed Name of Parent or Guardian (if applicant under 18) Date