

# Participant information Sheet and Waiver the runners' den clinic 2011

Name of Participant: \_\_\_\_\_

Email (for race & clinic info, runners den only!) \_\_\_\_\_

## **PLEASE SELECT YOUR DESIRED PACE GROUP:**

WALK	_____		
WALK/RUN	_____	9:00 MIN/MILE	_____
10:30 MIN/MILE	_____	8:30 MIN/MILE	_____
10:00 MIN/MILE	_____	8:00 MIN/MILE	_____
9:30 MIN/MILE	_____	7:30 or < MIN/MILE	_____

Emergency Contact Information: Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Relation: \_\_\_\_\_

### **Waiver and Release: MUST READ AND SIGN**

In consideration of acceptance into **the runners' den clinic** you, your executors and administrators hereby, waive and release the organizers of this clinic along with **the runners' den inc.**, and any other company that may be involved but not listed as well as run leaders and volunteers from any and all rights of claims for damages you may have against them, their representatives, successors and assigns, for any and all illness, injuries and/or losses you may sustain as a result of participation in this clinic. You also promise to try to have fun, to learn about running and enjoy life as much as possible.

**Runnersden.ca**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ 2011