

## 2011 EXCEED RELEASE/CONSENT FORM

**Name:** \_\_\_\_\_

**Address:**  
Street/PO Box \_\_\_\_\_

City & Zip \_\_\_\_\_

**Phone:** \_\_\_\_\_ (hm) \_\_\_\_\_ (work)  
\_\_\_\_\_ (cell)

**Email:** \_\_\_\_\_

*Please print your email address clearly! One space or "dot" off can cause problems when trying to send you team info.*

*Your name, address, phone, and email will be compiled in a list and distributed to Exceed Women's Running Team members only for the purpose of contacting members about team business and events, and arranging runs and functions outside of EWRT practices. This list will not be sold or given to any other individual or entity. If you do not wish to have part or all information included in the list, please mark those areas.*

### Program Information

You will be participating in weekly running sessions sponsored by EWRT. These 90-minute training sessions are held once each week, and are designed to improve your running performance and to provide information to decrease your risk of injury or over-training. A coach will be present for each training session to both coordinate the session and to be available to answer any questions and provide feedback regarding your training.

EWRT is committed to providing opportunities to women of all levels and abilities. At a minimum, you must be able to run three miles without stopping before joining the team. We will attempt to ensure that the training sessions match your current fitness level; however, ultimately, it is the participant's responsibility to monitor her own physical health and well being before, during, and after each session.

Although running is a very healthful activity, a risk of injury does exist. You are responsible for monitoring your own body and your own health. We highly encourage you to undergo a physical examination, with a personal physician, if you have not done so recently.

About three-quarters of the training sessions will occur on a track at one of the various Municipal high schools or junior high schools. The other sessions will take place on various local trails. EWRT cannot take responsibility for the Municipal facilities, Mother Nature, third parties, and/or animals.

The cost of membership to Exceed is \$100 for the season. Please note that if for some reason you join and are unable to continue to participate, the membership fee is non-refundable.

**Release and Indemnification**

I have read and understand the above information, and in particular, I understand there are inherent risks in participating in this program, and I release, covenant not to sue, and agree to indemnify and hold harmless the Municipality of Anchorage, the Exceed Women's Running Team, its board, officers, and coaches from all injuries, harm, expense, and damages, of any kind, related to my participation in this program, whether incurred at EWRT activities or otherwise through participation in EWRT, irrespective of negligence on the part of EWRT or affiliated persons.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

High school girls may join if their mothers are active members. If the above person is less than 18 years of age and in high school upon signing this release, a parent or guardian must read, review, and agree to this release on behalf of the minor.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Relationship to above minor

Please bring this document to practice with you or you may send it to:

Dianna Clemetson  
326 Krane Drive  
Anchorage, AK 99504

\_\_\_\_\_  
Dues Paid Date \_\_\_\_\_

Cash \_\_\_\_\_ Check \_\_\_\_\_