



PRINCETON ATHLETIC CLUB GROUP RUN RELEASE

Group Runs from Princeton Family YMCA

WAIVER: I know that running and volunteering to work in club activities are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I assume all risks associated with running and volunteering at club events including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and humidity, the conditions of the road and traffic on the road, all such risks being known and appreciated by me. I understand that wearing the colors of Princeton Athletic Club does not impart powers of flight or invisibility to the wearer. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, release and indemnify Road Runners Club of America, USAT&F, USAT&F-NJ, Princeton Athletic Club of Princeton, New Jersey, Inc., Princeton Family YMCA, and all sponsors, their representatives, directors and officers, and successors from all claims or liabilities of any kind arising out of my participation in these club activities.

I WILL CHOOSE A WORKOUT APPROPRIATE TO MY OWN GOALS, EXPERIENCE, AND FITNESS LEVEL.

I understand:

- group runs are not contests of speed;
- roads are not closed to traffic;
- personal audio devices are prohibited.

Princeton Family YMCA and Princeton A. C. facilitate a meeting point and exchange of ideas between people with similar interests.

Participants decide the course for each day and each person is responsible for his or her own training plan.

I will sign the log book for each group run I undertake.

I understand that my participation in these events may be conditioned on my acceptance of this waiver.

