



I understand that participation in this or any fitness activity involves risk of injury. Intending to be legally bound for myself and my heirs, executors, administrators, and anyone else who might assert any claim on my behalf, I hereby waive, release, discharge, and covenant not to sue the Seminole Heights Running Club and all individuals and entities associated with it, including but not limited to their coaches, volunteers, affiliates, and sponsors, together with their agents, employees, assigns, or anyone acting on their behalf, from any and all claims of liability, including claims of negligence, for death, personal injury, or property damage of any kind or nature arising out of or in connection with my participation in this activity. I agree that this waiver extends to all claims of whatever kind or nature, foreseen or unforeseen, known or unknown. I further grant permission to the Seminole Heights Running Club and/or any agents acting on its behalf to use any photographs, videotapes, motion pictures, or any other recording of its activities for any purpose. I have read the foregoing, and voluntarily agree to it by my signature below.

Printed Name

Signature and date

Signature of Parent or Guardian (if participant is under 18)