



I agree that I am a member of Sunrise Running Company, Modesto, CA and I know that running in and volunteering for organized group runs, track practices, social events, and races with Sunrise Running Company are potentially hazardous activities, which could cause injury or death. I will not participate in any company organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the company and am in good health, and I am properly trained. I agree to abide by all rules established by Sunrise Running Company, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with doing business with Sunrise Running Company and participating in activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in Sunrise Running Company organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release Sunrise Running Company, the City of Modesto, Modesto Junior College, any related facilities used, all company sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with Sunrise Running Company, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the company.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date:

Parent's Signature if under 18 years: \_\_\_\_\_

Date: