

Half Full Running Club

Waiver/Release

I know that walking, running and road racing are potentially hazardous activities. By entering this program I am taking responsibility for medical clearance and I certify that I am physically fit and properly trained to participate in this program. I assume all risks associated with the program, including, but not limited to, my own fitness and health condition, injury, falls, contact with other participants, the effects of weather including high heat and humidity, traffic and the condition of the road, all of which I understand and acknowledge. Having read this waiver and release and in consideration of your accepting my application to participate in the program, I, on behalf of myself and my heirs, administrators, executors, assigns and representatives, waive and release the Half Full Running Club (HFRC), Road Runners Club of America, the members of the HFRC Board of Directors and Advisory Board, the HFRC officers, program directors, assistant directors, coaches, assistant coaches, group leaders and volunteers, and all sponsors, representatives and successors of any and all of the foregoing (the "Releasees"), from all claims, liabilities, demands and causes of action of any kind arising out of or relating in any way to my participation in the program or any act or omission (whether constituting negligence or otherwise) of any of the Releasees. It is my intention in executing this waiver and release that it shall be effective as a bar to every claim, liability, demand and cause of action described above and in furtherance of this intention, I hereby expressly waive any and all rights and benefits conferred upon me by the provisions of Section 1542 of the California Civil Code and expressly agree that this waiver and release is intended to and does extend to and cover claims of the type referred to in Section 1542, which reads as follows: "A general release does not extend to claims which the creditor does not know or expect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor." I hereby expressly consent that this waiver and release shall be given full force and effect according to each and all of its express terms and provisions, including, as well, those relating to unknown and unsuspected claims, liabilities, demands and causes of action specified above.

I grant permission to all of the foregoing to use any photographs and video and sound recordings in which I appear, and any other record of this program, for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio/CD headsets are not allowed during participation in this program and will abide by these guidelines. Membership dues and training fees are non refundable.

Code of conduct: The HFRC reserves the right to determine appropriate behavior, policies, and rules as they are needed to maintain a safe environment during club activities. The HFRC reserves the right to terminate your membership on account of any violation of any rule or policy, or for any inappropriate behavior, including, but not limited to behavior that is abusive, illegal, disruptive or that poses a threat to the safety of others. The member understands that such judgments will be made by the SFRRRC in its sole and absolute discretion. A member whose membership is revoked pursuant to the Membership Policy is entitled to a pro-rata refund of the membership fee.

Satisfaction Guaranteed. Within 30 days of joining HFRC, if you are not completely satisfied with your membership for any reason, we will refund your membership fee minus \$30, the cost of the hat, singlet and magazine subscription. After 30 days of HFRC membership, your membership fee is non-refundable.

Name: _____

Signature: _____ Date: _____