

## WAIVER

As a member of the Palo Alto Run Club (hereinafter "club"), or participant in club runs or other activities, I agree to the following:

- I know that running is a potentially hazardous activity, which could cause injury or death.
- I will not participate in any club activities unless I am medically able and properly trained.
- I will abide by all rules established by the club.
- I assume all risks for participating in club activities, including but not limited to: falls, extreme weather, traffic, and exposure to communicable disease.
- I grant permission to the club to use any photographs, videotapes, and any other record of club events for any legitimate purposes. The club will use its best efforts to avoid publishing a photograph if I express this preference in writing to the president and web editor.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Palo Alto Run Club and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club activities.

## CLUB RULES

Members and non-members running with the club must follow the following rules:

1. All non-members running with the club shall sign a personal injury liability waiver form.
2. All members and non-members participating in club events shall obey traffic laws.
3. All members and non-members participating in club events shall respect the neighborhoods and environment through which they run.
4. All members and non-members participating in club events shall respect other club members, and users of city facilities, streets and parks, and follow applicable regulations.
5. Members and non-members participating in club runs after dark shall wear reflective vests, other night safety clothing or lights.
6. Members and non-members wishing to bring leashed dogs to club events (in permitted venues) shall control their pets in a safe and courteous manner.
7. Members and non-members shall exhibit proper running etiquette by providing personal and physical space and courtesy to fellow runners.
8. The PARC Board may follow up with any member or non-member not following the rules of conduct and undertake appropriate actions concerning further participation, up to and including membership termination.
9. Members under 18 must be accompanied by a parent or guardian (also members) during all Palo Alto Run Club activities.
10. Members acknowledge the contagious nature of COVID-19 and the risk that all group activities have for infection and assume responsibility for their own health.

I have read and understand the above waiver and club rules.

Date:

Printed Name:

Signature:

If participant is under 18 years old:

Date:

Parent's Name:

Parent's  
Signature: