

Granite State Racing Team Informed Consent, Release, and Assumption of Risk

I, _____, wish to join the Granite State Racing Team club of Concord, New Hampshire and participate in club activities. Many activities are strenuous and/or hazardous including, but not limited to, running on public roads or on rough off-road trails, and running in inclement weather and slippery conditions. I hereby affirm that I am in good physical condition and do not suffer from any pre-existing condition or disability that would prevent or limit my participation in this training program.

I understand that the club does not provide individualized training or coaching, and club activities are basically a chance for people to enjoy running together. Although club representatives may suggest and/or lead workouts or training, the suggestions and training are general recommendations which will not be appropriate for everyone. Each individual must decide for themselves whether a particular activity is appropriate for them. Just as when individuals run or train on their own, there are no medical, first aid or safety arrangements.

I fully understand the risk of injury from the training and conditioning with the club is significant, including the potential for permanent paralysis or death. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence (including, to the extent permitted by law, gross negligence) of Granite State Racing Team or others, and assume full responsibility for my participation.

I hereby release Granite State Racing Team from any liability now and in the future including, but not limited to, heart attacks, muscle strains, muscle pulls or tears, broken bones, shin splints, heat prostration, hypothermia, frostbite, knee/foot/ankle/lower back injuries, and any other illness, soreness or injury however caused, occurring during or after my participation in club activities or training programs.

I fully understand that if I should become aware of any abnormal responses including, but not limited to, specific muscle fatigue, nausea, dizziness, and chest/heart tightness during club activities or training, then I will cease the activity immediately and seek medical advice or assistance as appropriate.

Granite State Racing Team encourages all members to consult with their doctor prior to the start of any physical activity or training program, at any time during your training program, and at any time you feel physical discomfort.

I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release and hold harmless the Granite State Racing Team, their officers, officials, members, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct any associated event ("Releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from negligence (including, to the extent permitted by law, gross negligence) of the releasees or otherwise.

I understand that this Informed Consent, Release, and Assumption of Risk will remain in effect during the entire period of my involvement with the Granite State Racing Team. This may include a cessation in periods of time when I may not be participating in club activities. I agree to notify the Granite State Racing Team of any

Signature (Member or Guardian)

Date

medical circumstances that have occurred during any cessation period, which may have an effect on my medical condition.

If any party to this Release brings suit to enforce or interpret any provision of this Release, or is required to defend any action or proceeding which is based upon any provision of the Release, then the unsuccessful party will agree to pay the prevailing party the court costs and attorneys' fees actually incurred by the successful party.

The parties and signatories hereto, and each of them, agree and acknowledge that if any portion of this Release is declared invalid or unenforceable by a final judgment of any Court or court of competent jurisdiction, such determination shall not affect the balance of this Release, which shall remain in full force and effect, as such portion shall be deemed severable.

I have read this release of liability and assumption of risk agreement. I fully understand its terms. I understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Name (Please Print): _____

Email Address: _____ Birth Date: _____

Home Address: _____

City/State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Signature: _____ Date: _____

Emergency Contact Name (Please Print): _____

Relationship: _____

Emergency Phone Number: _____

Signature (Member or Guardian) Date

For Participants Under The Age of 18 (At the time of Registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above all of the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's/dependent's involvement or participation in these programs as provided above, even if arising from their negligence (including, to the extent permitted by law, gross negligence).

Parent/Guardian (Please Print): _____

Parent/Guardian's Signature: _____ Date: _____

IF DIFFERENT FROM CHILD:

Email Address: _____

Home Address: _____

City/State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Signature (Member or Guardian) Date