

Northern Sierra Endurance Training

ACCIDENT WAIVER AND RELEASE OF LIABILITY

This form must be read carefully, filled out completely and signed by each participant.

Name: _____
Age: _____ DOB: _____ Sex (M / F): _____
Email: _____
Phone: (day) (____) _____ (eve) (____) _____
Emergency Contact Name: _____ Phone: (____) _____
Training for Event / Distance: _____
Group(s): Walker or Walk-runner Runner Triathlete

I acknowledge that the athletic training provided by Northern Sierra Endurance Training is a test of a person's physical abilities and carries with it the potential for serious injury and even death. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, vehicular traffic, actions of other people including but not limited to, participants, volunteers, spectators, coaches, training assistants, event officials, and lack of hydration.

I hereby agree to assume all of the risks of participating in the Northern Sierra Endurance Training Program. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, or because of their liability without fault.

I certify that I am physically fit, have trained sufficiently for participating in these events and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by Northern Sierra Endurance Training, event holders, sponsors and organizers of the workouts and events in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my request and permitting me to participate in the Northern Sierra Endurance Training Programs, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including attorney's fees, litigation costs, and my traveling to and from Northern Sierra Endurance Training events, THE FOLLOWING ENTITIES OR PERSONS: all Local and State governments, school districts, and Northern Sierra Endurance Training, their directors, officers, coaches, training assistances, employees, volunteers, representatives and agents, the event holders, event directors, event coordinators, event sponsors, event staff, event volunteers, property owners; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in Northern Sierra Endurance Training activities, whether caused by the negligence of releases or otherwise. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during these events.

I understand that this training or related activities, I may be photographed, videotaped, or have my likeness reproduced. I agree to allow my likeness to be used for any legitimate purpose by the event holders, producers, organizers and/or assigns. This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum permissible under applicable law.

I further agree to abide by all the rules and regulations as set forth by Northern Sierra Endurance Training and the directors of any of their events.

I hereby certify that I have read this document and understand its content.

Participants Signature _____ Date: _____

Donation (optional): _____