

# See Jane Run Half Marathon Training Program

## Individual Sign Up

Full Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (        ) \_\_\_\_\_ E-mail \_\_\_\_\_  
Required. Please print carefully. We never share.  
Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_  
T-shirt Size (circle one)    S        M        L        XL        1X        2X        3X  
Participant / Guardian Signature \_\_\_\_\_  
I read and agree with the waiver Date \_\_\_\_/\_\_\_\_/\_\_\_\_

## Emergency Contact (required)

Full Name \_\_\_\_\_ Phone (        ) \_\_\_\_\_

## Payment (made payable to Oakland Boot Camp) - \$199.00

Check # \_\_\_\_\_ Cash (    ) \_\_\_\_\_  
Credit Card (Visa / MC / AMEX / Disc)        Expires \_\_\_\_/\_\_\_\_/\_\_\_\_  
Card Number \_\_\_\_\_  
Name on Card \_\_\_\_\_  
Signature \_\_\_\_\_

Drop this form at any **See Jane Run** store. Or mail / fax to:  
**Oakland Boot Camp**  
1690 Arbutus Drive, Walnut Creek, CA 94595  
fax: 415-294-9107

## ***Fees are non- refundable and non-transferable.***

### Waiver and Release

I acknowledge that this program is operated under the auspices of the See Jane Run and Oakland Adventure Boot Camp. I understand that the staff is providing this coaching service to help me and other participants attempt to achieve stated running goals, and that they will act in a reasonable and helpful manner to do this. Running, especially long distance or short, rapid speed work, is a demanding type of physical activity, which has health benefits for the body and mind. I understand by executing this waiver: I am assuming the risks that are inherent in and arise out the nature of this activity; and consenting to the consequences of the acts which are known, apparent, and reasonably foreseeable. I further understand that I should not enter or participate in any such physically demanding activity unless I am medically and physically able to do so, properly trained, and willing to train and abide by the guidance of the coaching staff of the program for which I am enrolling. By enrolling in this training program, I am taking full responsibility for my medical clearance and for being adequately physically fit and properly trained to take on such an endeavor and challenge. I understand and agree that if it is the decision of the coaching staff that I refrain from part or all physical activity at any one time out of concern for my health and safety - and those around me - that I will abide by such a determination. I understand that I assume all the inherent risks associated with running and training activities, but not limited to falls, contacts with other participants, the effects of stretching, the weather (including high heat, cold or humidity, etc.), which cannot be removed without altering the fundamental nature of the involved sports activity being undertaken. As such, I do declare that I properly have filled out - and to the best of my ability - this online registration. Having read this waiver and knowing these facts and in consideration of participating in coached activities, I, for myself and anyone entitled to act on my behalf, do waive and release See Jane Run, Oakland Adventure boot Camp, Annd Gunn, Jennie Votel, and all other sponsors, all volunteers- and their representatives and successors - from all claims or liabilities of any kind arising out of my participation in training activities even though that liability may arise out of negligence or carelessness on the part of the persons identified in this waiver. I hereby grant full permission to any of the foregoing to use any photographs, videotapes, and any other recording or record of running or training events, including disclosure of my name, for any legitimate purposes. I further understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed - unless specific permission is granted - in this training programs, and that I will abide by this guideline. Finally, I agree and understand that I or any other participant may be dismissed from this training program - without refund - due to misconduct (including discourteous or inappropriate behavior) at the discretion and judgment of the head coach. I understand and agree to the waiver and release by my registering for this program.

I understand and agree to the waiver and release. Initials \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_