

# Running Arizona Registration Form & Waiver

email completed form to youcando262@gmail.com

name \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_

state \_\_\_\_\_

zip \_\_\_\_\_

cell phone \_\_\_\_\_

email \_\_\_\_\_

date of birth: \_\_\_ / \_\_\_ / \_\_\_

gender: \_\_\_ female \_\_\_ male

## training plan

**WRITTEN Training Schedule for ANY Running Event**

Limited to 5-month written training schedule

**\$39.30** \_\_\_\_\_

Name AND Date of Event: \_\_\_\_\_

**TOTAL BALANCE DUE:** \_\_\_\_\_

## method of payment

PayPal

## how did you hear about Running Arizona?

race flyer

advertisement

web search

friend \_\_\_\_\_

other - please note: \_\_\_\_\_

I understand that by registering for this training program, I am a voluntary participant in this training program, and know that training for a race of any length is a potentially hazardous activity, and I hereby assume full and complete responsibility for any injury and accident that may occur during my participation in this training program. I hereby, for myself, my heirs, my executors and administrators waive any and all rights and claims for damages I may have against Running Arizona, its coaches, volunteers, and any individuals associated with the training program, their representatives, successors, and assigns, and will hold them harmless for any and all injuries suffered in connection with said training program. Also, none of the above is to be held responsible for the loss of personal items, nor any other form of aggravation in connection with said training program. I give full permission for organizers for the free use of my name, picture and/or comments from me in any broadcast, telecast or print medium account for this training program.

signature \_\_\_\_\_

date \_\_\_\_\_