

2013 Mountain Goat Training Series Waiver

To participate in the training runs you must sign this waiver and purchase a training wrist band for \$5.

You are responsible for your own safety. Training for the Mountain Goat Run assumes that you have specifically trained to run long distances. Listen to your body and if at any time you feel ill please walk or stop. If you feel you need assistance, please ask one of your fellow runners for assistance.

Each week, water and energy drinks will be supplied approximately every 3-5 miles. On very hot and humid days it is recommended that you supplement this with your own hydration.

The training runs are held on public streets and open to all traffic. Syracuse Police Officers will be at various points of the course each week. However, you are solely responsible for your own safety. Obey all traffic laws and remember to run no more than two across and facing traffic when on public roads. Do not run in the middle of the road, ever.

iPod's, mp3 players, radios and all headsets are not allowed during the training runs.

Name: _____

Address _____

City _____

Emergency Contact _____ Contact Phone # _____

Required Waiver

I agree to obey all traffic laws while running the Mountain Goat Training Runs and understand that I am responsible for my own safety. I also understand that the training runs are held on public streets and open to all traffic.

In consideration of my acceptance to participate in this program, I the undersigned intending to be legally bound, hereby for myself, executors and administrators, waive and release any and all rights and claims I may have against The Mountain Goat Run Foundation, Inc., The Syracuse Track Club, Fleet Feet Sports Syracuse, Inc., The Museum of Science and Technology, Dunn Tire, OrthoNow!, New Balance and their representatives, successors and assigns for any and all injuries suffered by me in the training runs.

Signature _____ Date _____