

2010 Mountain Goat Training Series Waiver

This is a free program and to participate you must sign this waiver. 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 may be wise to supplement this with your own hydration.

The training runs are held on public streets and open to all traffic. We do not supply anyone to direct or stop traffic during the training runs. You are 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. Traffic can come up on you fast, so stay on the left side.

Name: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Emergency Phone # \_\_\_\_\_ 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 free 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, Brooks Sports and their representatives, successors and assigns for any and all injuries suffered by me in the training runs.

Signature \_\_\_\_\_ Date \_\_\_\_\_