

2018 Capital Striders / Fitness Sports
Training Run Information and Liability Release
January – December 2018

Name _____ Age _____ Gender M / F

Address _____ City _____ Zip _____

Phone _____

E-mail address _____

Please add me to the weekly update emails which include maps, tips and other information

Are you currently a Capital Striders member?

- Yes
- No
- No, but send me information on becoming a member!

Would you be willing to volunteer?

- For a training run water stop:
- Any other Capital Striders events

In the consideration of the acceptance of this form, I, for myself, my executors, administrators, and assignees do hereby release and discharge the Capital Striders, Drake University, Fitness Sports Ltd., The Drake Relays, the Cities of Des Moines, West Des Moines, Clive, Urbandale and Windsor Heights, Polk County, The Road Runners Club of America and any and all other sponsors from all claims or damages, demands, actions whatsoever in any manner arising or growing out of my participation in the training program. I attest and verify that I have full knowledge of the risks involved in these events and I am physically fit and trained to participate in these sessions.

Remember, your safety is ultimately your own responsibility!!

Signature _____ Date: _____