



www.teensrundc.org

THIS IS A RELEASE:

1. I acknowledge that I have read this release carefully and understand that this is an important, legally binding document. By signing this release I am giving up any rights to file a lawsuit against Teens Run DC, the Center for Self Discovery (CSD), DCPS and the organizations in whose races we participate. This includes all officers, agents, employees, volunteers, and sponsors in the above organizations.

2. I have requested to participate in Teens Run DC. I certify that I am in good health and have no physical or other impediments which would endanger me while participating in the program. In consideration for participating in Teens Run DC, I agree on behalf of myself and my heirs, my assignees, executors, and administrators, to voluntarily release, discharge, waive, and relinquish Teens Run DC, the Center for Self Discovery, and DCPS, its officers, agents, employees, and volunteers from any and all actions for personal injury, property damage, and wrongful death arising as a result of engaging in this program. I further agree to indemnify and hold harmless Teens Run DC, CSD, and DCPS from any liability, claim, or action for personal injury, property damage, wrongful death which arises out of or related to participation in the program, whether or not the liability, claim, or action, arises out of the negligence and carelessness on the part of Teens Run DC, CSD, and DCPS.

3. For any and all races in which I participate over the year, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in these activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in all races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release TRDC, CSD, DCPS and all race sponsors, directors, officers, employees, agents, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Furthermore, I agree that the sponsors of this event may use my name and likeness for publicity purposes.

4. MEDIA RELEASE. I consent to be photographed/audio/video taped as part of the Teens Run DC program. I further give permission for these photographs/audio/video tapes to be used or published in annual reports, newsletters, brochures, and/or other media outlets without expecting monetary compensation.

Ben Forman, Ph.D., Executive Director

2121 K Street NW, Suite 250, Washington, DC 20037

Tel: (301) 986 -0626

e-mail: ben@teensrundc.org

