

Ames Fitness Center Running Club Waiver



I know that running is a potentially hazardous activity, which could cause injury or death. I will not participate in the running activities unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this activity, and am in good health, and I am properly trained. I assume all risks associated with running with the Ames Fitness Center Running Club owners, managers and representatives, including but no limited to: falls, physical contact with other participants, including the potential of the contraction of a communicable disease resulting from contact with other participants and club organizers. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I assume all such risks being known, appreciated, and accepted by me.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release Ames Fitness Center in the city of Ames, Iowa and all Ames Fitness Center Running Club owners, managers and representatives from all claims or liabilities of any kind arising out of my participation in this event. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this activity.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____

3 Locations. 1 Membership. 0 Excuses.



North
2622 Stange Rd, Suite 101
Ames, IA 50010
515-292-4741

South
3600 University Blvd
Ames, IA 50010
515-232-1911

West
4700 Mortensen
Ames, IA 50014
515-232-1911