



WAIVER FORM

STRIDE RUN CLUB SUNDAY COASTAL RUN WAIVER AND RELEASE OF LIABILITY

Participant Name: _____

Date of Birth: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

PLEASE READ CAREFULLY BEFORE SIGNING

In consideration of being allowed to participate in the Sunday morning coastal run organised by Stride Run Club ("Stride"), I, the undersigned participant, acknowledge and agree to the following:

1. Assumption of Risk: I understand that participating in the run along the coast involves inherent risks, including but not limited to uneven terrain, weather conditions, slips, falls, collisions, traffic hazards, and health-related issues such as dehydration or overexertion. I voluntarily assume full responsibility for any risks, injuries, or damages that I may sustain as a result of my participation.
2. Release of Liability: I, on behalf of myself, my heirs, assigns, and personal representatives, hereby release, discharge, and hold harmless Stride, its organisers, leaders, sponsors, and affiliates from any and all claims, liabilities, demands, actions, or causes of action arising out of or related to any injury, disability, death, or loss or damage to person or property incurred while participating in the coastal run.
3. Medical Treatment: I certify that I am physically fit and sufficiently prepared to participate in this run. In the event of an emergency, I consent to receive medical treatment deemed necessary by medical personnel. I understand that I am solely responsible for any medical expenses incurred as a result of my participation.

4. Code of Conduct: I agree to abide by all Stride rules, and guidelines. I will conduct myself in a respectful and manner and follow instructions given by Stride organisers and leaders. I will also adhere to all traffic and safety regulations while running.

5. Photography and Media Release: I grant permission to Stride to use photographs, videos, or other media taken before, during and after the coastal run for promotional purposes, including but not limited to social media, websites, and marketing materials. I understand that I will not receive compensation for the use of these images.

6. Minors: If the participant is under the age of 18, a parent or legal guardian must sign this waiver on their behalf. If the participant is under 16, they must be accompanied by a parent or guardian to the event for supervision and safety purposes.

I HAVE READ AND FULLY UNDERSTAND THIS WAIVER AND RELEASE OF LIABILITY AGREEMENT. I VOLUNTARILY SIGN THIS DOCUMENT AND ACKNOWLEDGE THAT BY DOING SO, I AM GIVING UP CERTAIN LEGAL RIGHTS. Participant Signature:

_____ Date: _____ Parent/Guardian Signature
(if applicable): _____ Date: _____

