

Beechville Lakeside Timberlea Running Club (BLT Runners)
Waiver, Release, Assumption of Risks, and Member Code of Conduct

I understand that participation in a running club comes with its inherent health and safety risks related to associated physical activity including but not limited to running, jogging, or walking. I hereby acknowledge and accept the entire risk of participating in a running club.

I assume any and all risks associated with participating in the BLT Runners, including but not limited to falls, injury, contact with other participants or persons, the effects of the weather and the condition of the roads or running surfaces.

I acknowledge that I should not participate unless I am medically fit and am able to jog/walk straight for 40 minutes.

I understand that participation in the Running Group is being offered at no financial cost to myself. This low cost is based on BLT runners not being liable in any way for any injury or damage however so caused.

I acknowledge and agree that by becoming a member of the BLT Runners, my actions, behaviour or conduct related to club activity/operations where I may be an identifiable member of the club reflects on the BLT Runners. Therefore, as a member of the BLT Runners I acknowledge and agree to act in a manner that is respectful towards fellow club members and presents a positive image to the general public. With respect to communication, I agree that I shall not post inappropriate messages on any club forum, including but not limited to disrespectful or inappropriate content, commercial messages targeted to members, and unofficial transfers of race bibs between parties.

In consideration of accepting membership into the BLT Runners, I do, for myself and my family, heirs, executors, representatives, administrators, and assigns, hereby waive, release, and forever discharge the BLT Runners, and its directors, officers, employees, and agents, from and against any and all claims, liabilities, and cause of action, whether foreseeable or unforeseeable, which may at any time arise out of or relate in any manner, directly or indirectly, to my participation in any activities related to the BLT Runners.

For greater certainty, I acknowledge that I may not sue or claim against BLT Runners, or its directors, officers, employees, and agents, for damage or harm suffered by me, including damage arising out of their own negligence, and I waive my right to do so.

This Waiver and Release shall include, but not be limited to a release of all claims, liabilities, and causes of action which may arise at any time in connection with any injury to me or others, or death, caused by or related to my participation in any activities related to the BLT Runners.

I hereby affirm that I have read this Waiver and Release and that I fully understand its contents.

Acknowledged and Agreed.

Participant's Signature: _____ Date: _____

Witness Signature: _____ Date: _____