



- Princeton A. C. group run sign in sheet \_\_\_\_ of \_\_\_\_ Recorder's name:  
Date / time / location:

Choose a workout appropriate to your own goals, experience and fitness level.

Group runs are not contests of speed. Roads are not closed to traffic. Personal audio devices prohibited.

**WAIVER:** I know that participating in a run is a potentially hazardous activity. I should not participate in club activities unless I am medically able and properly trained. I assume all risks associated with participation, including falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the road, hazards, debris and poor footing on the course. Having read this waiver and knowing these facts, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, release and indemnify Princeton Athletic Club of Princeton, New Jersey, Inc., all other organizations directly or indirectly associated with the event, any and all sponsors, and the agents, officers, employees, assigns or anyone acting for or on the behalf of the foregoing, from any claims or liability for death, personal injury or property damage of any kind what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims, foreseen or unforeseen, known or unknown. By participating in this event, I am granting permission to Princeton Athletic Club of Princeton, New Jersey, Inc. to add my electronic mail address to its list of contacts and to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. (Parent's or guardian's signature if entrant is under 18 years of age. This is to certify that my son/daughter has my permission to participate in this event, is in good physical condition, and that the event officials have my permission to authorize medical treatment if necessary.)

BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER.

**Full information required for NON-members.** If this is your **third** group run, please visit [princetonac.org](http://princetonac.org) and become a member.

Current PAC members or already signed waiver this year, name only on reverse is fine.



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Date and time: \_\_\_\_\_ Venue: \_\_\_\_\_

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**Full information required for NON-members.** Sign waiver on other side.

If this is your **third** group run, please visit [princetonac.org](http://princetonac.org) and become a member.

Current PAC members or already signed waiver this year, just write names.

I am a current PAC member and can be a run **ambassador** (welcome runners 10-15 min. ahead of run, do sign-in, and ... run)

Name	Date/time/location	Name	Date/time/location