

**Jefferson Running Club Contract**

I, \_\_\_\_\_, promise to try my best to stick with the  
(student's name)

JRC through the end of the season. I commit to running on Mondays and Wednesdays, unless I am sick, absent or go home for lunch. I will try hard and have fun!

\_\_\_\_\_ Grade \_\_\_\_\_  
(student's signature)

**Jefferson Running Club Waiver**

I am aware that participating in the Jefferson Running Club is a strenuous physical activity, which is potentially hazardous. I am also aware and understand that I should not join the club, run or walk unless I am medically capable of such strenuous physical activity, free from any physical impairment that would medically limit my ability to safely engage in such an activity. I assume all risks associated with running and walking in this club, including but not limited to: injuries resulting from falls, missteps, dehydration, contact with other participants, the effects of the weather including high temperatures and/or humidity, and conditions of the running surface, and all other circumstances inherent to outdoor recreational activities, all such risks being known and accepted by me. Having read this waiver and knowing these facts and in consideration of your acceptance of this entry, I expressly and voluntarily assume the full risk and legal liability and I hereby for myself, my heirs, executors, representative, administrators and anyone entitled to act on my behalf, waive any and all claims I may have against, and release the discharge Elmhurst School District 205, their officers, directors, teachers, employees, volunteers and committee members, the City of Elmhurst, the Elmhurst Park district and any parent volunteers associated with the Jefferson Running Club.

**We require all students wear appropriate running footwear in order to participate in this activity.**

Participant's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent's Phone Number: \_\_\_\_\_

Home email address: \_\_\_\_\_