

**FR Racing Waiver**

Dear Member,

Please complete this waiver and e-mail to rebeccamarsh413@gmail.com

Date \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_

**Waiver and Informed Consent**

*Member Responsibilities:*

- Agree to inform FR Racing of any and all injuries and illnesses as soon as possible
- Agree to inform FR Racing of any questions or concerns in a timely fashion

I understand that any triathlon, cycling, running, swimming or any other multi-sport training or racing are inherently potentially dangerous activities. I understand the risks involved with these activities and with undertaking an increased level of activity. I accept responsibility for my personal safety and health. In consideration of entering into this club I and my heirs, executors and administrators waive and release any and all rights and claims of damage I may have against Faith Runners/FR Racing and all parties involved in the training/racing program for any and all injuries or death suffered by me as a result of training or racing.

Date \_\_\_\_\_ Signature \_\_\_\_\_