



In consideration of my desire to engage in an exercise with Venados Running Club, I understand and agree to the following:

1. Participation by me in this activity is entirely voluntary.
2. I warrant that I have had a recent physical checkup, discussed with my physician and understand my risks (if any) associated with participating in exercise, and have my physician's permission to engage in exercise programs.
3. I understand and warrant, release and agree, that I am in good physical condition and that I have no disability, impairment or ailment preventing me from engaging in active or passive exercise that will be detrimental to heart, safety, comfort or physical condition.
4. I understand that the possibility exists that certain changes may occur during and following exercise. They may include, but are not limited to, muscular sprains, abnormal blood pressure, fainting, disturbances of heart rhythm, heart attack or death.
5. I understand that I can minimize the risk of adverse changes occurring during exercise by adhering to national exercise guidelines adopted by the U.S. Department of Health & Human Services, which discuss topics such as the importance of warming up and cooling down.
6. I assume full responsibility for ANY injuries or damages which may occur during exercise at Venados Running Club (including, but not limited to, death).
7. I accept responsibility for monitoring my own condition during physical activity and should unusual symptoms including, but not limited to, dizziness, chest discomfort, or nausea occur, I will cease participation and obtain help if necessary.
8. I, the undersigned, waive and release and agree to hold harmless and indemnify Venados Running Club, its employees, agents, officers and directors against any and all claims any way connected with my participation in an exercise program. This agreement is binding on my heirs, executors, administrators and assigns.
9. Furthermore, if I am the parent/guardian of an underage child, I, agree to the terms and conditions outlined on this form on behalf of my underage child.