

The 2008 Other Half's Half Marathon Training Program

Name _____

Street Address _____

City _____ Zip _____

Contact Telephone Nos. Home/Cell _____

Emergency Contact _____ Telephone No. _____

Your Email _____

Half Marathon(s) Training for: _____

Shirt Size _____ Shirt Style _____ Color _____
x-small to x-large available muscle/tank top/tee navy blue/white

Flavor of Gookinaid/Hydrolyte _____
fruit punch/citrus/orange/lemonade

I, the undersigned, understand that there are risks associated with strenuous physical exertion and with this training program and events associated with, including but not limited to those caused by terrain, weather, condition of the athlete, vehicles, other participants and failure to adequately hydrate. In consideration of the right to participate in the above event, I hereby assume all risks associated with this event and I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or any other person as a result of my participation in this event. This waiver and release shall be binding on my heirs and assigns and shall run in favor of SDTC, USAT&F, RRCA, City of San Diego, County of San Diego, and all promoters, sponsors, officials and individuals or entities in any way connected with this training program and events associated with, even though their liability may arise out of negligence and carelessness on their part. I will additionally permit the use of my name and pictures in news media, publications, and websites.

Signature Date

Form and Amount of Payment :

Cash _____ Check _____