

# Tamalpa Runners Summer Youth Camp



## WHAT

- Summer running program for kids ages 6 to 14 who desire to enhance their running, athletic ability and overall physical fitness.
- Participants follow a structured training program and learn about fitness and running from expert coaches in a fun environment.

## WHEN & WHERE

Thursdays from 4:30–6:00 PM

June 19, June 26, July 10 and July 17 at San Rafael High School

## REGISTRATION

\$100 per person (non-refundable). This includes club membership, registration, t-shirt, free TCRS entry and free Xmas relay entry. To register, please send the completed form below with a check payable to Tamalpa Runners to:

YOUTH RUNNING PROGRAM  
200 NORTH AVE. #117  
SAN RAFAEL, CA 94903

Questions? Contact Jason Jacobson at 415.246.1390 or tamalpa3000@yahoo.com.

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ GENDER \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_ T-SHIRT SIZE: S M L ADULT S ADULT M

## APPLICATION WAIVER

In consideration of my entry in Tamalpa Youth Summer Running Program in 2008, and of my own free will, I, intending to be legally bound, do hereby, for myself, my heirs, executors and/or administrators, forever waive, release and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever (including personal injuries to me or my wrongful death) against San Rafael High School, the San Rafael School District, the City of San Rafael, the Marin County Sheriff's Office, the County of Marin, Tamalpa Runners, any and all sponsors of the event, any and all contractors, all the aforementioned entities including their Officers, Directors, employees, representatives, agents, contractors and subcontractors which may arise from my participation in the event(s), or while traveling to or from the event(s), even if caused in whole or in part by the negligence or other fault of the parties or persons. I am hereby releasing, by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of their liability without fault. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I FULLY UNDERSTAND I AM FOREVER GIVING UP, IN ADVANCE, ANY RIGHT TO SUE OR MAKE ANY CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES AND DAMAGES, EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE, AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGES. As part of this waiver, I acknowledge that I have read and understood all of the above and, in consideration of this being an amateur event, I release the rights to any and all photographic material, motion picture, videotape, recording and/or computer information organizers may wish to release for this event without obligation to me.

Parent's signature \_\_\_\_\_

Date \_\_\_\_\_

[www.tamalparunners.org](http://www.tamalparunners.org)

