



## iRun Class Registration Form

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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

Goal Race Name, Date and Distance: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: (If changed since last class) \_\_\_\_\_

**Emergency Contact:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Returning Class Member? Yes/No If no, current Exercise Program:

\_\_\_\_\_

ParQ Changes? Yes/No If yes or NEW fill out a ParQ form

**Shirt Size:**

Mens: S\_\_ M\_\_ L\_\_ XL\_\_ XXL\_\_

Womens: XS\_\_ S\_\_ M\_\_ L\_\_ XL\_\_

LICENSE FOR DISTANCE DATE: \_\_\_\_\_

LICENSE FOR DISTANCE – SUMMER

GOOD FORM RUNNING DATE: \_\_\_\_\_

LICENSE TO RUN/LICENSE FOR SPEED DATE: \_\_\_\_\_

PACK OF LTR/LFS DATE: \_\_\_\_\_

LOCATION OF CLASS (if applicable):  STONE OAK  DOMINION

*Waiver: I know running and participating in this program is potentially hazardous. I should not enter and run in this program unless I am medically and properly trained. I agree to abide by any decision of a program official relative to my ability to safely complete this program. I assume all risks associated with running and training in this program including, but not limited to, falls, contact with other participants, effects of the weather, including high heat and humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I for myself or anyone entitled to act on my behalf, waive and release iRun, any and all sponsors, and any individual or group associated with this program from all claims and liabilities of any kind arising out of me participating in this program even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of the program for any legitimate use.*

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE