Texas Gulf Coast Running Club
Application and Waiver
(Please complete all information. One Person per application)

GCRC welcomes walkers and runners of all shapes, sizes and abilities. If you are a complete beginner to running, we have a group for YOU. If you are an experienced racer or serious age group competitor, we have a group for YOU. Whether you are looking to complete your first 5K or are training for a marathon, you will find a home with GCRC. Our mentors are experienced marathoners, half marathoners and 5/10K runners with years of collective experience and hundreds of events among them. We strive to make training a fun, exciting and non-intimidating experience in a family friendly environment. Come LEARN with us! Come TRAIN with us! Come RACE with us!

LAST NAME _____ FIRST NAME _____ SEX _____ AGE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ EMAIL ADDRESS _____

What is your previous running experience?
- □ Beginner (Ex: I have never run on a consistent basis)
- □ Novice (Ex: I run a few times per week, maybe a 5K now and then)
- □ Intermediate (Ex: I have run a half marathon or marathon)
- □ Advanced (Ex: I am a half/full marathon junkie and want to get faster)

What distances are you interested in training for? (check all that apply)
□5K Running □10K running □Half Marathon Running
□Marathon running □Half Marathon Walking □Full marathon walking

How did you hear about us?
□ Poster/Flyer □Internet □Newspaper
□Friend_____ □Other_____

Do you have any medical conditions that could affect your training that the GCRC mentors should be aware of?

□ No □ Yes Please Explain:_____

Emergency Contact:_____ _____ _____
Name Phone number 1 Phone Number 2

Release and Waiver

In consideration of the acceptance by the Texas Gulf Coast Running Club ("Club") of my application for entry to the club and any associated training programs provided by the Texas Gulf Coast Running Club (text deleted), I hereby agree as follows:

1. Acknowledgement. I acknowledge and agree that Texas Gulf Coast Running Club, its agents, representatives, volunteers and sponsors cannot assure my safety during participation in Club activities. I acknowledge and agree that participation in the Club activities exposes me to risks including, but not limited to, running-related injury, traffic and the detrimental effects of heat and pollution.

2. Release of Claims. I, for myself, my heirs, executors, administrators, successors and assignees hereby release, waive and forever discharge and hold harmless the Texas Gulf Coast Running Club, its agents, representatives, mentors, volunteers, sponsors, successors and assigns ("Texas Gulf Coast Running Club Parties") of and from all claims, demands, damages, costs, expenses, actions and causes of actions, whether in law or equity, in respect of death, injury, loss or damage to my person or property, howsoever caused, arising out of, by reason of, or during my attendance at or participation in club activities, whether as a spectator, participant or otherwise (all of the foregoing referred to hereafter as the "claims"), whether or not the claims result from my following any activity, program and/or exercise on the recommendation of any of the Texas Gulf Coast Running Club Parties, whether such claim arises out of events prior to, during or subsequent to said attendance or participation, even if such claims were caused by, contributed to, or occasioned by the negligence, fault or other conduct of Texas Gulf Coast Running Club Parties.

_____ _____
Signature Date