



Family Running Club Roster and Participant Release Form

Parent Name	Season	Spring 2024	Date	
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I hereby contract to fully abide by the policies, rules and regulations established by Hood River Valley Parks and Recreation District. Infraction of those rules can result in dismissal from the program of the individuals involved, and possibly dismissal of the team.

I agree, that in consideration of the services rendered and to be rendered by the Hood River Valley Parks and Recreation District, the organizers, sponsors, and supervisors, that I assume all risks and hazards incidental to the conduct of this activity including but not limited to the risk of personal injury attendant therewith. I hereby release, absolve, indemnify, and hold harmless the Hood River Valley Parks and Recreation District, the organizers, sponsors, and supervisors, any and all of them. In the event of personal injury, I waive all claims to damage against the above-mentioned parties. I understand that there is no insurance coverage provided for this activity and further understand that the acquisition of insurance coverage is my personal responsibility.

INSTRUCTIONS: PRINT OR TYPE / List all participants / Fill out completely and accurately

# of Participants	Print Name	Signature <small>(if under 18, parent signs)</small>	Address	Phone #	Email address
1					
2					
3					
4					
5					

Parent Name	
Contact Phone	
Email	