

Runner's Workshop Inc./ Guided Discoveries
PARTICIPANTS RELEASE AND WAIVER OF LIABILITY

PLEASE READ THE FOLLOWING CAREFULLY BEFORE SIGNING

This Release and Waiver of Liability is required to participate in and use the equipment at a Runner's Workshop/ Guided Discoveries site. The undersigned agrees to the terms of this Release and Waiver of Liability in consideration of Runner's Workshop/ Guided Discoveries consent to allow such participation and/or use of equipment.

I acknowledge that I have been informed of the nature of the Runner's Workshop/ Guided Discoveries program in which I wish to participate. I understand that there are numerous risks associated with my participation or use of equipment which may include camping, hiking, ropes courses, climbing wall, swimming, diving, and transportation to and from the camp and program activities, all of which pose a threat of serious injury, illness or death. These risks are a natural part of engaging in the type of outdoor activity which is a major component of Runner's Workshop/ Guided Discoveries educational philosophy.

I further understand that it is not possible to list all potential risks that may be encountered by participation of use of the equipment, but I am familiar with outdoor sports and activities and my ability. Runner's Workshop/ Guided Discoveries has provided information on the types of activities in which I wish to engage and I am not aware of any physical, emotional, or mental problem or limitation that would prevent or impair my participation or increase the risks involved.

With this knowledge I accept and assume the risk and full responsibility from injury, illness, death or loss of personal property or other damage or exposure resulting from my participation and or use of equipment whether caused by the single negligence of Runner's Workshop/ Guided Discoveries, it's agents, servants or employees, landlord, lessors, or representatives, (the Runner's Workshop Parties) or otherwise.

I hereby Waive and Agree not to sue and Release the discharge the Runner's Workshop Parties from all liability to me and my heirs, assign and personal representatives for any and all loss, damage, claim or demanding resulting from my participation or use of equipment and any injury to person of property, including death, whether caused by the negligence of the Runner's Workshop Parties or otherwise.

This Agreement shall be governed by the laws of the State of California. If any provisions herein is held to be invalid the remaining terms shall remain in full force and effect.

I HAVE READ AND UNDERSTANT THIS AGREEMENT AND AGREE TO BE
BOUND BY ITS TERMS

Name (print) Participant Signature Date Parent or Guardian Signature Date