

Waiver

To the best of my knowledge, I am in good physical condition and fully able to participate in this course. I am fully aware of the risks and hazards connected with the participation in this event, including physical injury or even death, and hereby elect to voluntarily participate in said event, knowing that the associated physical activity may be hazardous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OR LOSS, PROPERTY DAMAGE, OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or loss or damage to property owned by me, as a result of participation in this course.

I hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE, TEENS ON THE RUN, the Board of Directors of TEENS ON THE RUN and employees (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, while participating in physical activity, or while on or upon the premises where the event is being conducted.

It is my expressed intent that this release and hold harmless agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVE, DISCHARGE, and CONVENTION TO SUE the above named RELEASEES. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be constructed in accordance with the laws of the State of Texas.

In signing this release, I acknowledge and represent that I HAVE READ THE FORGOING Waiver of Liability and Hold Harmless Agreement, UNDERSTAND IT AND SIGN IT VOLUNTARILY as my own free act and deed; no oral representations, statements or inducements, apart from the foregoing written agreements have been made; and I EXECUTE THIS RELEASE FOR FULL, ADEQUATE AND COMPLETE CONSIDERATION FULLY INTENDING TO BE BOUND BY SAME.

Participant's Printed Name

Participants Signature

Parent's Printed Name if Participant is under 18 years old

Parent's Signature if Participant is under 18 years old

Physician Form

Physician Release Submitted

_____ Yes _____ No

Date of last physical exam _____

The Benefits

- Complete a 5K Run
- Increase Your Self Esteem
- Interact with College Students
- Learn about Juvenile Law from an Attorney
- Learn about your health from a Medical Doctor

Door Prizes

Door Prizes will be given at each meeting date.

Espanol

El proposito de Teens on the Run es entrenar estudiantes de secundaria para una carrera de cinco kilometros. El estudiante aprendera sobre la nutricion adecuada y salud de un medico y sobre la ley de menores de un abogado. Tambien tendra la oportunidad de interactuar con estudiantes universitarios.

Contact Us

www.teensontherun.org
281-685-9929

Board of Directors

Gregory L. Cain
Honorable David O. Fraga
Teresa Rubino
Ana Torres, M.D.

Founder

Lucy Fraga Fisher



TEENS
ON
THE
RUN

A SIX-WEEK
RUNNING PROGRAM
FOR MIDDLE SCHOOL
STUDENTS

REGISTER TODAY • SPACE LIMITED

The Purpose

- Acquire proper running techniques
- Learn about different colleges
- Learn about juvenile law
- Learn about proper nutrition
- Learn about your health
- Train for a 5K Run

The Runner

- Middle School Grade Student
(6th, 7th or 8th grade)
- The Inexperienced Runner
- The Inactive Runner
- The Experienced Runner
- The Walker

The Location

T. C. Jester Park
4201 West T.C. Jester
Houston, Texas 77018
(Near park swimming pool)



The Dates

- Saturday, April 10, 2010
- Saturday, April 17, 2010
- Saturday, April 24, 2010
- Saturday, May 1, 2010
- Saturday, May 8, 2010
- Saturday, May 15, 2010

The Time

8:00 a.m. to 9:30 a.m.

What to Bring

Towel • Water Bottle
Running Shoes • Shirt • Shorts

The Schedule

- Week One – Introduction of Program
Run ½ mile
- Week Two – Nutrition
Run 1 mile
- Week Three – Juvenile Law
Run 1 ½ miles
- Week Four – College Day
Run 2 miles
- Week Five – Meet the Running Experts
Run 2 ½ miles
- Week Six – Celebration Party
Run 3 miles

TEENS ON THE RUN

LIMITED SPACE

Registration Fee: \$25.00
(Six-week Program)

_____ Check _____ Cash

Name: _____

Parents Name: _____

School: _____ Grade: _____

Home Address: _____

City: _____ Tx Zip _____

Telephone _____

Email Address: _____

_____ Female _____ Male

Emergency Contact: _____

Relationship: _____

Emergency Contact Number: _____

Shirt Size: ___ M ___ L ___ XL

Mail registration form to:
PO Box 924434, Houston, Texas 77292

*All Teens on the Run registrants will receive
a Teens on the Run shirt, I.D. bracelet,
Runner's Guide and Log*

www.teensontherun.org