



Training Program (Choose One)

- Albany Yoga for Runners — \$120
- Albany 5K Advanced & 10K — \$150
- Albany 5K Advanced & 10K Virtual Program — \$150
- Albany 5K Beginner Program — \$125
- Albany 5K Beginner Virtual Program — \$125
- Malta Yoga for Runners — \$120
- Malta Half/Full Marathon — \$175
- Malta Half/Full Marathon Virtual Program — \$175
- Malta 5K Advanced & 10K — \$150
- Malta 5K Advanced & 10K Virtual Program — \$150
- Malta 5K Beginner Program — \$125
- Malta 5K Beginner Virtual Program — \$125

Name: _____

Telephone Number: _____

Email address: _____

REFUND POLICY: If you discontinue the training program before the first practice you will receive a full refund. There will be no refunds given after the first practice. Adverse weather conditions are a possibility and out of the control of the training program and its organizers. Circumstances may result in events being cancelled. No refunds or make-up classes will be given in the event of such cancellations, if any.

WAIVER AND RELEASE OF LIABILITY: READ BEFORE SIGNING: In consideration of being allowed to participate in any way in the Fleet Feet Distance Project Training Program, its related events and activities, I, the undersigned, acknowledge, appreciate, and agree that: The risk of injury from the activities involved in this program is significant, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury or death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releasees or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Releasees immediately; and I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release, indemnify, and hold harmless K & K Insurance, FLEET FEET SPORTS, Inc., Fleet Feet Sports Albany, Fleet Feet Sports Malta, Thwap Enterprises, Inc., adidas, Asics, New Balance, Saucony, Mizuno USA, NIKE, Town of Colonie, Town of Malta, South Colonie Central School District, SUNY Albany, Saratoga Spa State Park, State of New York their agents, employees, coaches, volunteers, officers, directors, successors, and assigns, and any and all sponsors, their representatives and successors ("Releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property associated with my presence or participation, including the aggravation of any preexisting personal conditions of mine that may exist, whether I am aware of them or not, whether arising from the negligence of the Releasees or otherwise, to the fullest extent permitted by law. I attest and verify that I am physically fit, that a licensed medical doctor has verified my condition, and that I may safely participate. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose, including commercial advertising without any payment, compensation or recognition to me. I am also acknowledging my understanding of the above refund policy.

I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS.

Signature _____ **Date** _____

***FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE** (Under 18 years of age at time of registration): This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above, of all the Releasees, and, for myself, the participant, and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to the participant's involvement or participation in these programs as provided above, even if arising from the negligence of the Releasees, to the fullest extent permitted by law.

Signature _____ **Date** _____

Name of Parent/Guardian _____