

TRM Waiver Form and Requirements for Student Participation

Dear Parent/Guardian:

We welcome your son/daughter to the Teens Run Modesto program. As a representative of his or her school and of our program at many community events throughout the year, your son/daughter is expected to show basic good behavior and respect along with a sustained level of participation in the program. It is important to understand that while our organization sets the requirements for participation, your son/daughter's Teacher/Leader has the final word in deciding whether or not your child has met these requirements. In order to remain a member of the Teens Run Modesto Program, the following is required of your son/daughter:

- Must exhibit proper and respectful manners and behavior towards fellow runners, teacher/leaders and other adults at all times.
- Must have joined the program before October 20.
- Must attend regular scheduled school practices as specified by his/her teacher/leader.
- Must attend scheduled long runs/races on Saturdays or Sundays
- Students running the full marathon must complete the 18 mile scheduled run in less than five hours time.
- Junior High students doing the ½ marathon must complete 9 miles in 2 hours 30 minutes.
- Must complete 2 out of 3 longest Saturday runs
- Must have a physical examination by a medical professional, dated no earlier than April 2026
- Physicals must be completed and submitted to TRM by October 20.
- Return this Waiver Form signed by student and parent or legal guardian.
- **All High School Students will train for the Full Marathon.**
- All Junior High Students will follow the full marathon training program until the point at which mileage diverge for the full and half. At this time their Site Leader will make a determination as to whether the student will continue training for the full or for the 1/2 marathon.
- Registration is not complete until the proof of physical and waiver form are signed and returned to your site leader and the online registration form is completed.(teensrunmodesto.org)
- Free or low cost physicals will be provided through Golden Valley Health Center to those who qualify. See online TRM registration at www.teensrunmodesto.org.

Additional written conditions and requirements may be set by each individual school. Failure to meet any of these requirements may result in the participant being expelled from the program.

Please discuss these expectations with your student as well as the commitment required for membership in the Program. We are committed to keep you informed of your student's progress. Periodic e mails will be sent to you to inform you of upcoming training runs or special event. Information will also be available through the Teens Run Modesto website, www.teensrunmodesto.org. Any general questions can be directed through your school's site leader or through TRMBusby@gmail.com. Parents are strongly urged to participate in the weekend long runs at East La Loma Park along with the students as well as staying involved and informed on their student's progress. Thank you for your involvement with your son/daughter and our program.

Emergency Information:

In the event of a medical emergency, please contact:

Name: _____ Phone: _____

Alternate emergency contact:

Name: _____ Phone: _____

In the event an emergency contact person cannot be reached, I hereby authorize the Teens Run Modesto Program and its agents to secure medical treatment for my child at a licensed medical facility by licensed medical providers. I agree that any cost associated with said treatment will be my responsibility and the Teens Run Modesto Program will not be financially responsible for any of the expense incurred and I will reimburse the Teens Run Modesto Program for any expense incurred by said treatment.

Waiver:

I hereby give permission for my son/daughter to participate in the program, which would include weekday practices and cross training as well as weekend scheduled activities which include but may not be limited to: Halloween Fun Run, Spirit of Giving 5K Run, 10K With A Cop, chartered bus trip to the Kaiser Permanente ½ Marathon, and the Modesto Marathon.

Furthermore, I understand that while participating in the Program my child may appear in media or promotional photographs as well as on the Teens Run Modesto web site. If I do not wish for my child's photograph to be used for these purposes, I will notify the program in writing at Teens Run Modesto, P.O. Box 3605 Modesto, Ca. 95352.

I, the undersigned, intending to be legally bound, for myself, my heirs, my assignees, executors and administrators, do hereby waive any and all rights of claims for damages I may have against all promoters and sponsors of this event, their representatives, successors, assignees, or any individual associated with the above, for any and all liability arising from illness, injuries, and damages I, or the above-mentioned student, may suffer as a result of participating in and traveling to and from TRM sponsored events.

Parent's Name: _____ Parent's Signature: _____

Student's Name: _____ Student's Signature: _____

Date: _____ School: _____