



Medical/Liability Waiver – Participation as member of *Team FRIA in 2010 ING NYC Marathon*

You understand that participating in the November 7, 2010 *ING NYC Marathon* as a member of Team FRIA, including pre-event training and related event activities (collectively referred to as the “Event”) is a potentially hazardous activity. You agree not to participate unless you are medically able and properly trained. You are voluntarily entering and assume all risks associated with participating in the Event, including, but not limited to, falls, spills, contact with vehicles, other participants, spectators or others in the area, effects of weather, including high heat, extreme cold and/or humidity, traffic and the conditions of the roads, all risks being known and appreciated by you. You grant the Medical Director of the Event and his designee access to your medical records and physicians, as well as other information, relating to medical care that may be administered to you as a result of your participation in the Event.

Having read this Waiver and knowing these facts, you, for yourself, and anyone entitled to act on your behalf, waive and release FRIA, Inc., New York Road Runners Club, Road Runners Club of America, the City of New York, and its agencies, USA Track & Field and its constituent chapters, all Sponsors, the Event and of the Team, and each of the respective representatives and successors, officers, directors, members, agents and employees of the foregoing, from all present and future claims and liabilities of any kind, known or unknown, arising out of your participation as a member of Team FRIA even though that liability may arise out of ordinary negligence or fault on the part of persons named in this Waiver. You grant permission to the foregoing persons and entities to use, or authorize others to use, any photographs, motion pictures, recordings, or any other record of your participation in the Event and as a member of Team FRIA for any legitimate purposes without remuneration.

Signature

Date

You can send the signed form by email to fria@fria.org, mail it to FRIA, 18 John Street, Suite 905, New York, NY 10038 or fax it to 212-732-6945.