

MOBILE MELLOW MILERS Welcomes You!!

For your own safety, we urge you not to participate in our running activities unless you are sufficiently physically fit and not under the influence of any drugs, alcohol or medications that could affect your health.

You must agree to the following conditions before participation in today's run or any future runs sponsored by Mobile Mellow Milers:

I understand that my participation in today's run and any future run is strictly voluntary on my part.

I understand and agree that I am solely responsible for any injuries that I may suffer while participating in the running activities of the Mobile Mellow Milers.

If I am injured while participating in the running activities, I agree to release and hold harmless the owners, management, staff and employees of Mobile Midtown Mellow Mushroom, Run With Me LLC, and all volunteers, representatives, and sponsors from any liability or responsibility in connection with my injuries.

I agree to the above conditions as a prerequisite to participating in the running activities of the Mobile Mellow Milers.

Name _____
(Please print legibly)

Signature _____ Date _____

e-mail address _____

Shirt Size (men's sizes, circle one): XS S M L XL