



Marathon Training Group 2026

RELEASE AND WAIVER OF LIABILITY

READ COMPLETELY BEFORE SIGNING. THIS FORM MUST BE SIGNED TO PARTICIPATE.

The Breakaway Marathon Training Group is a group of runners who meet and run "long runs " together. These runs are free to participants. Weekly courses and a training plan will be provided. Participants should be aware of their capability and adjust their runs accordingly. Runs will be on public roads and trails. Breakaway Running does not provide and is not responsible for safety, security or traffic control at any time. Obey all laws and run defensively and safely.

Ear buds are allowed during these runs but highly discouraged as they make it less safe for both the wearer and other participants. No music, pace metronomes or anything else played so that other runners may hear and be disturbed is allowed. Breakaway Running will provide periodic water stops but we recommend that you bring fluids and hydrate well. Wear bright clothing and reflective gear to be safe and seen.

In consideration of my participation in the Breakaway Marathon Training Group, I the undersigned, intending to be legally bound, hereby release any and all rights and claims for damages I may have against Breakaway Athletics, LLC d.b.a. Breakaway Running, it's sponsors, officials, it's beneficiaries, any and all other representatives and successors and assigns for any and all injuries suffered by me in this program. I understand that this program is one of endurance and that the terrain on the roads and trails and/or climatic conditions can pose a health risk. I attest that I have medical clearance and have attained a level of fitness sufficient to participate in these runs.

I understand and acknowledge that there is no traffic control or security of any kind during these runs and will be responsible for every aspect my own safety and well being while participating.

Name _____ Phone _____

Email _____ Age as of 6.6.26 _____

Are there any physical limitations that might affect your running? Circle one YES NO

If yes please explain _____

Emergency Contact Name _____ phone# _____

Signature _____ Date _____

This form must be signed by a parent or guardian if participant is under 18 years old.

Guardian Name _____ relationship _____

Guardian Signature _____