



LIFE TIME FITNESS RUN CLUB  
ASSUMPTION OF RISK, WAIVER AND INDEMNIFICATION AGREEMENT

_____	_____
Participant Name	Membership Number (If Applicable)
_____	_____
Telephone Number	Email
_____	_____
Emergency Contact Name	Emergency Contact Phone Number

**1. ACKNOWLEDGEMENT AND ASSUMPTION OF RISK.** I acknowledge that Run Club is a program of Life Time Fitness, Inc., including its affiliates, subsidiaries, owners, operators, employees, agents, vendors and volunteers (collectively “Life Time Fitness”). I understand and agree that there are risks of significant injury, whether caused by me or someone else, by participating in Run Club activities, whether on or off Life Time Fitness premises, including but not limited to group runs, adventure trips and other Run Club activities and events. I understand and agree that participating in Run Club activities involves many risks and hazards, some of which are inherent to the very nature of the activities themselves, others of which may result from negligence including but not limited to falling for any reason, including uneven terrain, or collisions with other runners, pedestrians, fixed or moving objects, as well as dangers arising from uneven trails or changing trail/course conditions, and weather conditions. I agree that if I believe conditions are unsafe, I will immediately discontinue participating in such Run Club activity. I understand and agree that these risks may result in injury, harm or damage, including but not limited to economic, property, emotional, mental, physical or any other type of damage, including but not limited to sprains, torn muscles or ligaments, broken bones, strokes, heart stress, heart attacks, paralysis, disfigurement, death, or other forms of pain or suffering. **I fully understand, voluntarily accept, and specifically assume responsibility for these risks of injury.**

**2. WAIVER OF LIABILITY AND INDEMNIFICATION.** I agree to release and discharge from all liability, and waive all claims, demands and actions against Life Time Fitness for any and all injuries, harms, or damages sustained in connection with my participation in any Run Club activity resulting from the negligent acts or omissions of me, Life Time Fitness, other participants in the Run Club, coaches or trainers associated with Run Club, or any persons encountered while participating in Run Club. If there is any claim by anyone based on any injury, loss, or damage described herein which involves me, I agree to (a) defend Life Time Fitness against such claims and pay Life Time Fitness for all expenses relating to the claim, and (b) indemnify and hold harmless Life Time Fitness for all obligations resulting from such claims.

**I have read the above thoroughly and understand the terms. My participation in the Run Club as well as my agreement to the foregoing are both purely voluntary and I elect to do so in spite of the risks.**

_____	_____
Participant Signature	Date