

Anyone beginning an exercise program for the first time, or restarting an exercise program after a period of inactivity, must consult a doctor before starting the training program.

Further, anyone who conforms to any one of the following criteria must consult a doctor before training:

- 1.You are over age 60 and not accustomed to vigorous exercise.
- 2.You have a family history of premature (i.e., under 55 years of age) coronary artery disease.
- 3.You frequently have pains or pressure in the left or mid-chest area, neck, shoulder, or arm during or immediately after exercise.
- 4.You often feel faint or have spells of severe dizziness, or you experience extreme breathlessness after mild exertion.
- 5.Your doctor has said your blood pressure is too high and is not under control, or you do not know if your blood pressure is normal.
- 6.Your doctor has said you have heart trouble, that you have a heart murmur, or that you have had a heart attack.
- 7.Your doctor has said you have bone or joint problems.
- 8.You have a medical condition not mentioned here that might need special attention during an exercise program (i.e., insulin-dependent diabetes).

By clicking "accept," I certify that I have read and understand the above information. I have doctor's approval, or will consult with one before beginning the training program, if the above information indicates that I should.

Legal Waiver

RELEASE AND WAIVER

In consideration of the acceptance by In Motion, Inc. and for entry to the Marathon and Half Marathon Training Program and other good and valuable consideration relating to the Training Program, the sufficiency of which I hereby acknowledge, I hereby agree as follows:

In consideration of your accepting this entry, I, the undersigned intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against In Motion Inc., the City of San Diego, City of Carlsbad and its elected officials, officers, employees, agents and volunteers.

I acknowledge and agree that In Motion, Inc., its employees, independent contractors, agents, representatives, volunteers and sponsors cannot assume my safety during participation in the Training Program. I acknowledge and agree that participation in the Training Program exposes me to risks including, but not limited to, running-related injury, traffic and detrimental effects of heat and pollution. I, for myself, my heirs, executors, administrators, successors and assignees hereby release, forever discharge and hold harmless In Motion, Inc., their employees, independent contractors, agents, representatives, volunteers, sponsors, successors and assignees, (the In Motion, Inc.) of and from all claims, demands, damages, costs, expenses, actions, and causes of actions, whether in law or equity, in respect of death, injury, loss or damage to my person or property, howsoever caused, arising out of, by reason of, or during my attendance at or participation in the training program, whether as a spectator, participant, or otherwise (all of the foregoing referred to hereafter as the claims) , whether or not the claims result from my following any programs of diet and/or exercise on the recommendation of any of the In Motion, Inc., whether such claim arises out of events prior to, during, or subsequent to said attendance or participation, even if such claims were caused by, contributed to, or occasioned by the negligence, fault or other conduct of the In Motion, Inc. I grant full permission to any and all of the foregoing to use my name, my voice, and my picture in any broadcast, telecast, advertising, promotion or other account of this event for any purpose whatsoever.

By clicking "accept," I certify that I have read and understand the above information.