

# The Trials of Miles Track Club

Welcome to the Trials of Miles Track Club. You are signing up to be apart of a very special off season training group. The goal of this group is to become better at being distance athletes. This club will operate during the off season of the Colorado High School Cross Country and Track seasons. By committing to this Club, you are committing to taking on new ideas, being self motivated, and ultimately racing for the Trials of Miles Track Club.

The cost for the training and coaching received is \$15 per athlete/session (ex. Winter or Summer). This helps to cover the USATF Club association fee and liability insurance. With that you will also receive a Trials of Miles Track Club T-Shirt.

Coach Jack Swartz will be the head of the Club and all training will come from him. He can be reached at [bigcatdistance@gmail.com](mailto:bigcatdistance@gmail.com)



All relevant information can be found at the Pomona Distance Team's website, [www.bigcatdistance.com](http://www.bigcatdistance.com)

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## Membership Waiver of Participation:

I agree that I am a member of the Trials of Miles Track Club and willing participant in their organized activities. I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained to do so, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health and properly trained. I agree to abide by all rules, policies and guidelines established by the club, including the right of any club official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. By signing this waiver, I agree to follow the club's member code of conduct as well. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, track, or trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Trials of Miles Track Club, the City of Arvada, USA Track & Field, Pomona High School, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Name of Participant \_\_\_\_\_ Age \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Parent/Guardian Email \_\_\_\_\_

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date