



## Amador Running Club

Brought to you by Be Active and Amador County Recreation Agency

### Participant Information (please print clearly)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_ Shirt Size: S M L XL 2XL 3XL

### \*Parent or Guardian Information if Participant is under the age of 18.

Parent or Guardian Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email: \_\_\_\_\_

### Emergency Contact Information (please list at least two contacts)

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Contact Number: \_\_\_\_\_

**\* In case of a Medical Emergency, we will dial 911.**

### Medical Questions (please fill out to the best of your knowledge this only helps us to help you in case of a medical emergency)

Do you have any physical limitations? (please list): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have any allergies? (please list): \_\_\_\_\_

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In case of an Emergency is there anything you need us to inform medical personal about? (please list and/or explain): \_\_\_\_\_

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**Please initial the following:**

\_\_\_\_\_ In consideration of myself and/or the minor child being permitted by the Amador County Recreation Agency ("ACRA") to participate in the above described activity, I, the undersigned, hereby waive, release, and discharge in advance any and all claims for damages for personal injury, death, or property damage which I and/or said minor child may sustain or which may occur as a result of my and/or the minor child's participation in said activity. This release is intended to discharge in advance ACRA, its officers, employees, volunteers, or agents from and against any and all liability arising out of or connected in any way with the participation of myself and/or the minor in said activity, even though that liability may arise out of active or passive negligence or carelessness on the part of ACRA, its officers, employees, volunteers, or agents.

\_\_\_\_\_ I understand that the described activity may be of a hazardous nature and/or include physical and/or strenuous exercise or activity; that serious accidents occasionally occur during the above-described activity; and that participants in the described activity occasionally sustain mortal or personal injuries and/or property damages as a consequence thereof. Knowing the risks involved, nevertheless I agree to assume all risks of injury and to release and hold harmless ACRA, its officers, employees, volunteers, or agents who through active or passive negligence or carelessness might otherwise be liable to me and/or said minor child. It is further understood that this waiver, release and assumption of risk is to be binding on the heirs and assigns of said minor and/or myself, the undersigned.

\_\_\_\_\_ I do hereby fully release ACRA and its officers, agents and employees from any and all claims from injuries, damage or loss which I, or any minor child may have or which may occur to my minor child on account of his/her being transported by automobile.

\_\_\_\_\_ I further agree to indemnify and to hold ACRA, its officers, employees, volunteers, and agents free and harmless from any loss, liability, damage, cost or expense, including attorneys' fees, associated with or arising from my and/or said minor's participation in the described activity.

\_\_\_\_\_ I certify that if I am signing on behalf of a minor child, I have custody or am the legal guardian of said minor by court order. I hereby give my consent that in the event said minor requires medical or surgical treatment while under the supervision of said ACRA's recreation personnel in connection with the described activity, such supervisor may authorize treatment. I also agree to pay all medical, hospital, or other expenses which said minor may incur as a result of such treatment.

\_\_\_\_\_ **I have carefully read this Waiver of Liability, Medical Release, and Indemnification Agreement, and fully understand its contents. I understand and agree that if I am signing this Agreement on behalf of my minor child, that I will be giving up the same rights for said minor as I would be giving up if I signed this document on my own behalf. I am aware that this is a release of liability and a contract between me and ACRA and I sign it of my free will.**

Participant Full Name (please print clearly): \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*If Participant is under the age of 18 Parent or Guardian Information and Signature is Required.

Parent or Guardian Full Name (please print clearly): \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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**ACRA USE ONLY**

Membership #: \_\_\_\_\_ Type of Payment: Check (# \_\_\_\_\_) / Cash / Credit Card

Amount Received: \_\_\_\_\_ Date Payment Received: \_\_\_\_\_



## **Amador Running Club**

**Brought to you by Be Active and Amador County Recreation Agency**

Welcome to Be Active's 'Amador Running Club',

Be Active is a program designed by the Amador County Recreation Agency to promote health and wellness for the citizens of Amador County. This program is inspired by Healthy People 2020 Federal Government program. The Be Active program creates opportunities for members of the community to participate in events that get them active and involved. ACRA will be offering many new fitness-based classes as part of the Be Active series as well as monthly events, seminars, and a social media based adventure programs.

This is an ongoing program that will promote increased activity, nutritional guidance, and overall health of Amador County residents. As a consortium member, Be Active strives to achieve the goals and objectives of Healthy People 2020. These include meeting the needs of the community by providing classes and activities that educate on the topics of nutrition, health, recreation, food safety, community involvement, and social events.

Membership is a yearlong term from the date you sign up to the date of sign up the following year (example: sign up date 02/26/2017 membership ends on 02/16/2018). Upon enrollment in Amador Running Club you will receive an 'Amador Running Club' t-shirt and membership card. If you enroll to become a full Be Active Member you will also receive a Be-Active T-shirt, a pedometer, and goodie bag filled with information and coupons from local sponsors.

As a 'Amador Running Club' member you will receive half price off on admission to Be Active monthly events, if you choose to become a full member of the Be Active program, then the monthly events will become free for you to attend. Membership in the running club also allows you discounts to classes and programs sponsored by the Be Active program. As well as discounts offered by local participating sponsors such as General Nutrition Center (GNC), Jamba Juice, Gold Country Lanes, and many more! Members also have multiple opportunities to earn points and win quarterly prizes (refer to Be Active Member 2018 Point System Chart attached).

# Be Active Members 2018 Point System Chart

## **Adventures 20pts**

Bowl-a-Rama - Jan  
Camanche Trails - Feb  
Amador City History Walk - Mar  
Sutter Creek History Walk - Apr  
Volcano History Walk - May  
Silver Lake/Minkoto Trail Walk/Hike - Jun  
PiPi Valley Walk/Hike - Jul  
Sutter Creek Pool -Aug  
Pacific Coast Trail/Kirkwood - Sep  
Jackson Cemetery Walk - Oct  
Jackson Gate History Walk - Nov  
City of Ione History Walk - Dec

## **Local Events 5pts**

Color Madness Run - Feb  
Dandelion Days - Mar  
Bunsen to Beaker - Mar  
Duck Dash - Apr  
Bed Bug Run - May  
String Bean Alley Run - Jun  
Mother Lode Highland Games - Jun  
Color Me Hope Run - Sep  
Jug and Rose - Sep  
Haunted HUB - Oct  
Turkey Trot - Nov  
Christmas Delights - Dec  
Parade of Lights - Dec

## **ACRA Events Points Vary**

49er Bypass Run - Apr	20 points
Glow Run - Jun	15 points
Triathlon - Oct	50 points

## **Be Active Classes 15 points**

Various Classes

## **Outside of ACRA Fitness Classes 10 points per month**

Various Classes (with proof of taking the class)

## **Do Something 5pts (1 time per month)**

Bowling  
Tennis  
Fishing  
Frisbee Golf  
Boating  
Yoga

Walk the Dog  
Swimming

**Walk/Hike 15pts**

Lake Tabeau  
Mt. Zion  
Indian Grinding Rock  
Shealor Lake  
Pacific Coast Trail  
Silver Lake  
Thunder Mountain  
Lake Margaret  
Granite Lake  
Devils Lake  
Allen Camp

**Spots 10pts**

Hangman Tree  
Kennedy Tailing Wheels  
Train  
Daffodil Hill  
Preston Castle  
Winery

**Personal Time Walking/Hiking or Running Points Vary**

Walk/Hike 2.5 Miles per week	5 points
Walk/Hike 5 miles per week	10 points
Walk/Hike 10 miles per week	15 points
Walk/Hike 10+ miles per week	20 points
Running 5 miles per week	15 points
Running 10 miles per week	20 points
Running 15 miles per week	25 points
Running 20 miles per week	30 points
Running 25 miles per week	35 points
Running 25+ miles per week	40 points