

Personal Conduct Policy:

1. Participation in the Sota Distance Project club is at the sole discretion of team directors and coaches.
2. Athletes will be expected to conduct themselves in a positive manner at all events and shall conduct themselves professionally.
3. Athletes must adhere to all regulations adopted by any sanctioning body governing races entered as a participant.
4. All athletes must agree to be respectful of fellow competitors, officials and fans at all times.
5. Work hard every day
6. Most importantly build friendships and have fun.

Waiver of Liability: I agree that I am registering to participate in the Sota Distance Project run club. 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, 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 I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. 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, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my registration to participate, I, for myself and anyone entitled to act on my behalf, waive and release the Sota Distance Project club, all directors, coaches, trainers, chaperones, 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.