



Team Registration Form

What is a team?

A Team is a group of three individuals joining together to run in a three mile relay. Each individual will run one mile. The three individuals will not run at the same time. Each participant will run consecutively after each runner completes a mile.

How does a team register?

1. Complete a team registration form for each team.
2. Each team member must sign the Release of Liability Waiver (2nd page of form).
3. Write check payable to Coastwise Mile.
4. Send completed form (postmarked by Sept. 22) and check to the following address: Coastwise Mile, c/o Joclyn Sanford, 1025 Prospect St., Suite 220, La Jolla, CA 92037

Team Relay Race Fee

Along with your team race entry each team member will receive a race t-shirt.

Through Sept. 5	\$90
Sept. 6 – Oct. 1	\$105
Race Day	\$120

Team Information (if applicable)

Team Name	_____	
Contact	Phone	Email
Street Address	_____	
City	State	Zip

Team Individual Information (Participant #1)

Name	_____	
Age	Sex	
Emergency Contact	Relationship	Phone

Team Individual Information (Participant #2)

Name	_____	
Age	Sex	
Emergency Contact	Relationship	Phone

Team Individual Information (Participant #3)

Name	_____	
Age	Sex	
Emergency Contact	Relationship	Phone

Each individual must sign Release of Liability on next page.

ACCIDENT WAIVER AND RELEASE OF LIABILITY - THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS. PLEASE READ CAREFULLY BEFORE SIGNING.

ASSUMPTION OF RISK FOR BODILY OR PERSONAL INJURY AND ILLNESS. I voluntarily wish to participate in the Coastwise Mile. I acknowledge that this athletic event is a test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athlete, lack of hydration, equipment, vehicular traffic, and actions of other people, including but not limited to, participants, volunteers, spectators, and event officials. I hereby assume all risks of participation in this event. I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event director and event sponsors, and that it will govern my actions and responsibilities at said event(s). I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment, property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by qualified personnel. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. As a participating athlete, I certify that all the information provided on my race entry form is



Team Registration Form

true and complete. Knowing these facts, and in consideration of your acceptance of my Event(s) entry, I, the undersigned participant (and if participant is under 18 years of age, I, the parent or guardian of participant), for myself, my marital community, heirs, personal representatives, and assigns, hereby waive, covenant not to sue, RELEASE and DISCHARGE Generic LLC, Generic Events, Coastwise Mile, Coastwise Capital Group, LLC, City of San Diego, the United States of America, and all of their directors, officers, employees, boards, volunteers, sponsors, beneficiaries, representatives and agents (collectively, the "Event(s)" Parties) from any and all liability, loss, damage, claim, action or demand arising from or attributable to my participation in and travel to and from this Event(s), including, but not limited to, liability that may arise out of negligence or carelessness of the Event(s) Parties.

PUBLICITY. I hereby release to the Event(s) Parties full and exclusive rights to record my performance in this race on film, videotape, or still photography for use without compensation to me.

NO REFUNDS. I understand that the entry fee is non-refundable and non-transferable. I also understand the Event(s) will take place rain or shine, at Race Director's discretion.

I have carefully read and fully understand this agreement. I am aware that this is a release of liability, a promise not to sue, and a contract between myself and the Event(s) parties that will bind my marital community, heirs, personal representatives, assigns, and all members of my family, including any minors, and I sign this agreement of my own free will.

PARTICIPANT: ENTRY WILL NOT BE ACCEPTED WITHOUT SIGNATURE.

Team Individual Signature (Participant #1)

PRINT NAME: _____

SIGNATURE: _____

DATE: ___ / ___ / ___

Parent or legal guardian if participant is under 18 years of age:

PRINT NAME: _____

SIGNATURE: _____

DATE: ___ / ___ / ___

Team Individual Signature (Participant #2)

PRINT NAME: _____

SIGNATURE: _____

DATE: ___ / ___ / ___

Parent or legal guardian if participant is under 18 years of age:

PRINT NAME: _____

SIGNATURE: _____

DATE: ___ / ___ / ___

Team Individual Signature (Participant #3)

PRINT NAME: _____

SIGNATURE: _____

DATE: ___ / ___ / ___

Parent or legal guardian if participant is under 18 years of age:

PRINT NAME: _____

SIGNATURE: _____

DATE: ___ / ___ / ___