

**TRACK AND CROSS COUNTRY ROAD RUNNING RELEASE  
TO BE SIGNED FOR TRACK AND CROSS COUNTRY ONLY**

I/We, the undersigned, being the parents/guardian of \_\_\_\_\_, do hereby release, waive, discharge and covenant not to sue the Oak Hills Local School District Board of Education, its individual members, superintendent, principals, administrators, employees, agents or anyone acting on its behalf, from any and all liability, claim, demand, action or right of action, of whatever kind or nature, either in law or equity, arising from or by reason of any bodily injury, personal injury or mental injury, known or unknown including death, resulting from, or to result from \_\_\_\_\_'s participation in the sport of Track or Cross Country on behalf of or in the name of the Oak Hills Local School District Board of Education.

I/We hereby assume full responsibility for and risk of bodily injury, personal injury or mental injury or death due to my/out son/daughter/ward's participation in the sport of Track or Cross Country on behalf of or in the name of the Oak Hills Local School District Board of Education.

I/We expressly agree that this release is intended to be as broad and inclusive as permitted by the laws of the State of Ohio or any other state in which said student may be injured and that if any portion of this release is held invalid, it is agreed that the balance shall, nevertheless, continue in full force and effect.

I/We further state that I/we have carefully read the above release and know the contents of same and sign this release as my/our own free act.

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Realizing that running safely on the roads is an integral part of distance running, I give my permission for \_\_\_\_\_ to take part in these supervised road workouts.

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

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\_\_\_\_\_ DOES NOT have my permission to practice on the roads. I understand that this will not jeopardize his/her membership on the team but will mean that he/she must run only on the Oak Hills campus.

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_