Attending a conference can take a toll on your health and fitness. Sitting. Snacking. Staying up late. All of these can have negative effects.

This year, we proudly launch the AEJMC Running and Walking Club, in an effort to help AEJMC Conference attendees stay active during the event. This is a friendly, non-competitive program designed for all AEJMC members and their guests. There is no cost to participate.

Some participants may run or jog; others will walk or stroll. We simply want to provide the motivation for you to get up early and get moving. Please join us at least one morning -- or on all three mornings, if you wish, and if your conference schedule allows.

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Please join us!

• Dates: Thursday, Friday and Saturday (August 6, 7 and 8)
• Time: Meet at 6:00 a.m. to sign waiver and discuss route; group will leave promptly at 6:15 a.m.
• Duration: Plan for at least 30 minutes of running or walking with the group.
• Location: Meet inside the main lobby of the Marriott Marquis (780 Mission Street), near the hotel registration desk. Look for a volunteer holding an AEJMC Running and Walking Club placard.

IMPORTANT: You will need to sign a participant waiver of liability (attached) for yourself, and for any dependents under 18 years of age, in order to participate.
Participant Waiver

I know that running or walking, particularly in a metropolitan area, can be a potentially hazardous activity, which could cause injury or death. I will not participate unless I am medically able, in good health and properly trained.

I assume all risks associated with participating in this event, including but not limited to: stumbles, trips and falls; physical contact with passersby or other participants; effects of the weather, including high heat and/or humidity; street and sidewalk traffic; and the conditions of roads, sidewalks, trails and other surfaces.

Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Association for Education in Journalism and Mass Communication, as well as the AEJMC Running and Walking Club organizers and any possible sponsors or partners, from all claims or liabilities of any kind arising out of my participation in this event. Additionally, I grant permission to all of the foregoing to use photographs, video/audio recordings, or any other record from this event for any legitimate purpose.

Participant’s Name (please print): __________________________________________________________

Participant’s Signature: ___________________________________________ Date:___________________

Guardian’s Signature (for any participant under 18 years of age):

__________________________________________________________________________ Date:___________________