

Guidelines for Eugene Lang College Students Enrolled in the “Lang Marathon Team” Course

You have enrolled to participate on the Lang Marathon Team, during which you will train to run or walk a marathon (26.2 miles). You will participate in weekly group run/walks and learn about training and exercise techniques and issues, approaches to completing a marathon, and the culture and history of marathons, including the NYC marathon.

The following are some guidelines about participating in this course. These are intended to minimize any misunderstandings about the course and to protect you from any conflict, inconvenience or injury that may arise.

Please review the following carefully:

1. During this course, you will be running and walking through New York City. Pay attention to the instructions given regarding the routes. The University does not own, or operate, the routes that you will be on. You understand that there are risks associated with walking, running and training for a marathon, including but not limited to falls; accidents; contact with vehicles, other participants, spectators or others; the effect of the weather, including high heat, extreme cold, icing, rainfall, flooding and/or humidity; traffic; and the conditions of the road.
2. You must wear clothing appropriate for outdoor activity in warm weather, cold weather, and rain.
3. You understand that training for a marathon is a rigorous and potentially hazardous activity. You further understand that any training information or tips provided by the University is for general use, and may not be appropriate for your use or your medical or physical condition, and that following any training program does not ensure walking, running, or completion of a marathon without injury.
4. **You must consult with a medical doctor with regard to your personal medical needs. In order to participate in this course, you are required to get a medical certification from a doctor certifying that you are able to participate in the course. Please provide the attached letter signed by a doctor or similar certification to the instructor no later than the first day of the class. You will not be able to run without the signed letter or its equivalent.**
5. You must comply with all New York City laws and ordinances. This included, but is not limited to, not entering parks that are closed, not entering private property and being aware of signage prohibiting particular activities.
6. Consider public safety while running or walking and avoid activities that are likely to pose public safety hazards.
7. You agree that if necessary, the University may, but is not obligated to, take any actions it considers to be warranted under the circumstances regarding your health and safety. You may be required to pay expenses related thereto.
8. Registration and participation in the Lang College Marathon Team does not guarantee that you will be admitted into the New York City Marathon or any other marathon to which you apply. Each marathon

has its own application and admission process. For the New York City Marathon, there is a lottery process for entries (see www.nyrr.com).

Page 2 of 3

9. If you have questions or concerns about walking, running, or the routes, ask the instructor.

Please sign that you have read and understood these guidelines.

Name (print): _____

Signature: _____

[date]

To: The New School

I have examined _____ (student) and certify that he/she is physically able to participate in the training involved in the Marathon class.

Print Name: