



PLEASE READ THIS DOCUMENT (THE "WAIVER / RELEASE AGREEMENT") CAREFULLY BEFORE SIGNING. THIS WAIVER AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A LAWSUIT FOR DAMAGES.

I (Releasor) acknowledge that I am fully aware that running is a potentially hazardous activity. I acknowledge that I am fully aware that I should not participate as a runner in such a run unless I am medically fit for such activity. I acknowledge that I have been expressly cleared by my doctor to participate as a runner in this run. I acknowledge that I assume all risks associated with running in this event, including, but not limited to the potential for, and all consequences which may arise out of: my falling, having an unrecognized medical condition, strain, sprain or fracture, making contact with participants or spectators, the effects of weather, high heat, humidity or other phenomena, collisions with traffic or other objects on the way or route, defective or hazardous conditions of the way or route, and any other environmental, geographical, atmospheric, bodily, or event-related risk or hazard. I acknowledge that I am fully aware of all such risks, the potential for and consequences of which are recognized and understood by me.

I (Releasor) acknowledge that I have read and understand this Waiver / Release, and knowing the facts associated with this event, I do for myself, and for anyone legally authorized to act on my behalf, hereby knowingly and voluntarily waive any rights I might have under the laws of any State of the United States, and the laws of the United States, against the **Merrimack Valley Striders**, any affiliate associations, local associations, member teams, event hosts, other participants, coaches, officials, sponsors, advertisers, and each of them, their officers, directors, agents, volunteers and employees (herein the "Releasees"). I hereby release the Releasees from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

It is the purpose of this agreement to exempt, waive and relieve Releasees from liability for personal injury, property damage, and wrongful death, including if caused by the negligence of others, including that of the Releasees.

Name of the event: _____

Print Participant/Releasor Name _____

Signature _____ **Date**
(Parent or legal guardian for persons under eighteen (18) years of age)

Print Name _____

Signature _____ **Date**

Relationship to Minor _____