



Waiver and Release: I, the undersigned (over age 18) intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes against The Bryn Mawr Racing/Running Company and all other race sponsors for an personal injury which I might sustain during the race, immediately known to me or hereafter discovered and for any and all other damages to losses which I might incur now or in the future arising from or out of my participation in this race, and on my travel to and from this race. I verify that I am physically fit and have trained sufficiently. Permission is granted to use my photograph and name for any and all purposes.

Signature: _____

Date: _____ (if under the age of 18, a parent or guardian's signature is required.)



Waiver and Release: I, the undersigned (over age 18) intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes against The Bryn Mawr Racing/Running Company and all other race sponsors for an personal injury which I might sustain during the race, immediately known to me or hereafter discovered and for any and all other damages to losses which I might incur now or in the future arising from or out of my participation in this race, and on my travel to and from this race. I verify that I am physically fit and have trained sufficiently. Permission is granted to use my photograph and name for any and all purposes.

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