



November 10, 2018

Every participant must sign this waiver!

Runner's Agreement, Waiver, Release, And Acknowledgment

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am qualified, in good health, medically able, and properly trained. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the event. I fully accept and assume all responsibility for losses, costs, and damages I incur as a result of my running this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. Having read this waiver, knowing these facts, and in consideration of accepting my entry, I for myself and anyone entitled to act on my behalf, discharge, waive, and release the Metropolitan Richmond Sports Backers, Anthem Blue Cross Blue Shield, Markel Corporation, Virginia Commonwealth University Health System Authority, Whole Foods Market, City of Richmond, County of Henrico, USA Track & Field, Road Runners Club of America, along with their officers, directors, agents, volunteers, and employees from all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent or guardian if under the age of 18)

Date

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