



I, the undersigned, realize that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to safely completing the run. I assume all risks associated in running this event, including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all such risks be known and approved by me. Having read this waiver, and knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release the race committee, the Portage Lakes State Park, all sponsors, their representatives and successors, and all volunteers, from all claims of liability of any kind arising out of my participation in this event. I hereby grant full permission to any or all of the foregoing to use my photographs, video tapes, motion pictures, recordings, and any other record of this event for any legitimate purpose. All race entries are non-refundable. We reserve the right to reject entries.

Signed (parent if under 18)______ Date: _____