

Annapolis 10- Mile Run--- Entry fee= \$100.00  
August 30, 2015

Please print and complete ALL information: Incomplete forms will not be accepted.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on race day \_\_\_\_\_

Gender M F Shirt size: \_\_\_\_\_ (size chart on [race info page.](#))

size availability not guaranteed with late entry

Emergency contact: Name \_\_\_\_\_

Phone \_\_\_\_\_

Naval Academy grad? \_\_\_ What year? \_\_\_ Team affiliation? \_\_\_\_\_

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

**WAIVER AND RELEASE OF LIABILITY FOR THE ANNAPOLIS TEN MILE RUN:**

I wish to participate in the Annapolis Ten Mile Run ("Event"). I verify that I have full knowledge of the rigors and risk involved in participation in the Event, including the physical challenge of the long distance runs I have chosen, and I understand that running can be a dangerous sport. I am voluntarily participating in the Event with knowledge of the dangers involved, including without limitation, the risks of death, disability, injury, loss, damages, the unavailability of medical care, or the negligence or deliberate act of another person and I agree to accept any and all risks of injury, damage or death. I understand that by participating in the Event, I will be using public streets and facilities where many hazards exist, and I am aware of and appreciate the risks which may result from my use of those streets and facilities. I am also aware that accidents or illness can occur during road running and that I may be seriously injured or killed as a result. I am capable of participating in the Event.

In consideration for being permitted to participate in the Event, I agree to assume all risks and to release in advance and hold harmless and discharge the Annapolis Striders, Inc., all affiliated organizations, individuals and entities, designated beneficiaries, sponsors, first-aid volunteers, officials, participating communities, organizations, and all of their respective parents, subsidiaries, officers, directors, agents, employees and members from any liability and to waive my rights with respect to any and all claims for damages for death, personal injury or property damage, including but not limited to medical bills, lost wages, pain and suffering, loss of consortium, emotional distress, attorneys fees and court costs, which I may have, or which may hereafter accrue to me as a result of my participation in the Event, even though this liability may arise through no fault of my own, or from the negligence or carelessness on the part of the persons or entities being released, from dangerous or defective property or equipment owned, maintained or controlled by them or because of their possible liability without fault.

I HAVE CAREFULLY READ THIS WAIVER AND RELEASE OF LIABILITY AND FULLY UNDERSTAND ITS CONTENTS. I enter into this contract of my own free will and I understand and agree that this Waiver and Release of Liability is binding on my heirs, assigns, and legal representatives. If the participant is under 18 years of age at the time of registration, then the participant's parent or legal guardian represents and warrants that they have read and agree to all terms on behalf of the participant.

Sign: \_\_\_\_\_ Date \_\_\_\_\_  
Signature of runner

Sign: \_\_\_\_\_ Date \_\_\_\_\_  
Mandatory signature of parent for runners under 18 years of age