

# Freedom Marathon, Inc.

## Second Annual Norfolk Freedom Marathon & Half Marathon Veterans' Day Weekend - November 9-11, 2011

### Participants/Runners Waiver

I know that running or walking a road race, regardless of the distance, is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete this road race and I further agree that race officials may authorize emergency treatment for me. I understand that both vehicle traffic and spectators will be present along the course. I assume the risk of running under all of the aforementioned conditions. There are many other risks associated with participating in the Freedom Marathon, Freedom Half Marathon, Wounded Warrior and Family Fun Run 5K, Freedom Half Marathon Team Relay, and Freedom Mile (adults must read and sign of behalf of children younger than 18 years old) (hereinafter "the event") including, but not limited to illness, traveling to and from the event, falls, contact with spectators or other participants, the effects of the weather (including high heat and/or humidity, lightning, high winds, and extreme cold) and the traffic and conditions of the roads, the negligence of persons involved in the event, all such risks being known and assumed by me. Having read this waiver, and in consideration of the acceptance of my entry, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Race Director, CEO Freedom Marathon, Inc and his board of directors, USA Track & Field, The City of Norfolk, Timing Company, race officials, volunteers and any all other sponsors, suppliers, agent independent contractors, employees and any other personnel in any way assisting or connected with this event from any and all claims or liability of any kind or nature whatsoever arising out of my participants in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or parties named in this waiver. I am aware that the foregoing organizations assume no liability in the event of cancellation of this event for any reason and that the entry fees are not refundable. Further, I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publications or any other print, video graphic or electronic record of this event for legitimate purposes. I further agree to submit to arbitration in Norfolk, Virginia any dispute arising out of my participation in this.

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Print Name

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Signature

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Date

**If signing on behalf of a child/young adult (less than 18 years old), please print the name below:**

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Print Name of Child/Young Adult