

## Cohasset Thanks-for-Giving 5K Road Race

### **Release Waiver**

*You must read and agree to the conditions of this waiver if you wish to participate in the race.*

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Town of Cohasset, Clark Chatterton Memorial Fund, USATF, and all sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission for the use of my name and/or picture in any broadcast, photograph or other account of this race. I understand that bicycles, skateboards, baby joggers or strollers, roller skates or blades, and animals are not official runners. All fees are nonrefundable.

To sign this waiver, answer "yes" to the question in the online registration form found at [www.cohassetrec.com](http://www.cohassetrec.com)