**Thanksgiving Waiver**

I understand running is a strenuous exercise and I hereby attest that I am in proper physical condition to undertake the event I have registered to participate. In addition, I agree to abide by the rules and guidance of the race officials and police officers. As per signing this Waiver, I agree to hold harmless ncraces.com, Running Buddies, LLC, the City of Durham, the State of North Carolina, North Carolina Department of Transportation and Fleet Feet Sports Development Company, LLC. from any injuries or health issues that may occur during my participation in the event.