I agreed to abide by any decision of a race official relative to my ability to safely help at the event. I assume all risks associated with volunteering including, but not limited to, falls, contacts with participants, the effects of the weather, including high heat and/or humidity, and conditions of the course, all such risks being known and appreciated by me.

Having read this release and knowing these facts and in consideration of your accepting my volunteer service, I, for myself and anyone entitled to act in my behalf or on behalf on my estate, waive and release Jim Young, Young and Associates, the Town of Cary, National Scoliosis Foundation, and all sponsors of the race, any other persons assisting with the race, the officers, Board, Board members, agents, servants, employees, and their successors and assigns of each and every of the above from all claims or liabilities of any kind arising out of my participation in the event even though the liability may arise out of negligence or carelessness on the part of the persons referred to in this waiver.

I also grant permission for the use of any photographs, motion pictures, recordings, or any other record of my participation in this event for any legitimate purpose.