

Race Waiver I, for myself or as parent or guardian, hereby assume all the risks and hazards incidental to the conduct of the activities. I understand that no insurance coverage is provided by the race coordinators and sponsors. I further give permission for proper emergency care to be rendered to myself or child should I not be available or able to give such permission. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agreed to abide by any decision of a race official relative to my ability to safely complete the run. Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf or on behalf on my estate, waive and release David Wood, Karl Lyon , Peak of Running LLC, Coastal Credit Union Music Park, Girls on the Run of the Triangle, Inc., Girls on the Run National and all sponsors of the race, any other persons assisting with the race, from all claims or liabilities of any kind arising out of my participation in the race even though the liability may arise out of negligence or carelessness on the part of the persons referred to in this waiver.