



## Finger Lakes 50s Trail Races Race Participant Waiver Form

Please print legibly:		
Runner's Name:	Phone Number: (	)
Email Address:		
WAIVER: Heat exhaustion, sprained ankles and/or wrists and/or knees, thang nails, blackened toenails, pruned feet, loss of weight, gazeloths, dirt between your toes (and between other body parts) or bloody nose, splattered by a snot rocket, uncontrollable cryifor after the race. Collisions with vehicles, trees, cows, horses, possible. Getting lost is a possibility. Be observant of course many	ain of weight, growth of an add , kicked by a cow and/or horse, ng, loss of hair, and lacerations the ground, volunteers, specta	itional digit, dirty and/or torn slapped by a volunteer, runny are all possible before, during,
By registering to participate in this event (racer or pacer) you I, the undersigned, accept full responsibility for myself and for Trail Races. I have reviewed all of the race information and I full to my health. Sprained ankles and wrists, cuts, bruises, brokewire and cattle, hypothermia and heat exhaustion are all real or emergency personnel on the course. I have trained sufficie vehicles on the roads and road crossings. I will not hold any of the NY Ultra Series, United States Department of Agriculture (Fore State DEC, USATF, Road Runners Club of America, any agency including but not limited to Hammer Nutrition, Darn Tough Vewith this race or the Finger Lakes Runners Club not mentione mishaps are accountable to no one but myself. I agree to o endangering myself or I do not meet a designated cut-coname/demographic information and any photos or videos of mane/demographic information and any photos or videos of maney in the provided service of the provide	or any injuries that I may incur y understand that participating en bones, insect bites, animal possibilities. I fully understand ently for this event. I am aware the organizers, land owners, Fing est Service), National Park Servicy within the state of New York, ermont, Rooster Fish Brewing, of d here within, or any volunteer efficially withdraw from the event	during these Finger Lakes 50s in this event may be dangerous bites, encounters with barbed that there may be no medical that there may be high-speed er Lakes Runners Club, Western ce, Schuyler County, New York any of the company sponsors or any other sponsor associated as responsible. My actions and ent if a race official feels I am ganizers the free use of my
SIGNATURE OF RUNNER		
	DATE:	
AND SIGNATURE of legal guardian if runner is under 18 years old:		
	DATE	