



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, broken bones, various kinds of bee stings, poked eyes, possible hang nails, blackened toenails, pruned feet, loss of weight, gain of weight, growth of an additional digit, dirty and/or torn cloths, dirt between your toes (and between other body parts), kicked by a cow and/or horse, slapped by a volunteer, runny or bloody nose, splattered by a snot rocket, uncontrollable crying, loss of hair, and lacerations are all possible before, during, or after the race. Collisions with vehicles, trees, cows, horses, the ground, volunteers, spectators, and/or other runners are possible. Getting lost is a possibility. Be observant of course markings.

By registering to participate in this event (racer or pacer) you agree to the waiver, which states:

I, the undersigned, accept full responsibility for myself and for any injuries that I may incur during these Finger Lakes 50s Trail Races. I have reviewed all of the race information and I fully understand that participating in this event may be dangerous to my health. Sprained ankles and wrists, cuts, bruises, broken bones, insect bites, animal bites, encounters with barbed wire and cattle, hypothermia and heat exhaustion are all real possibilities. I fully understand that there may be no medical or emergency personnel on the course. I have trained sufficiently for this event. I am aware that there may be high-speed vehicles on the roads and road crossings. I will not hold any of the organizers, land owners, Finger Lakes Runners Club, Western NY Ultra Series, United States Department of Agriculture (Forest Service), National Park Service, Schuyler County, New York State DEC, USATF, Road Runners Club of America, any agency within the state of New York, any of the company sponsors including but not limited to Hammer Nutrition, Darn Tough Vermont, Rooster Fish Brewing, or any other sponsor associated with this race or the Finger Lakes Runners Club not mentioned here within, or any volunteers responsible. My actions and mishaps are accountable to no one but myself. I agree to officially withdraw from the event if a race official feels I am endangering myself or I do not meet a designated cut-off time. I grant the race organizers the free use of my name/demographic information and any photos or videos of me for any use related to the race they see fit.

SIGNATURE OF RUNNER

_____ **DATE:** _____

AND

SIGNATURE of legal guardian if runner is under 18 years old:

_____ **DATE:** _____