

Dahlgren Heritage Rail Trail 50 km & 3 H Trail Half-Marathon Waiver
August 1, 2020

Name _____ Bib Number _____

I know that trail and ultra racing is a potentially hazardous activity. I should not participate in the event, unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the race. I have attended a trail brief and read runner instructions that outline some hazards. If I choose to wear headphones during this event, I accept responsibility without proof of cause for any injury of participants, race officials or bystanders. I assume all risks associated with competing in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the roads, trails and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event, Race Timing Unlimited, Dahlgren Railroad Heritage Trail Association, it's members and employees, all sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I have researched the Center for Disease Control's (CDC) information about the 2019 Novel Coronavirus Disease (COVID-19). I assume all such risks being known, appreciated, and accepted by me, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this race. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this race, and personally assume this risk.

I acknowledge that I am at least 18 years old.

I acknowledge that I do not have symptoms of COVID-19, and since July 17, 2020, I have not been in contact with any person infected with COVID-19.

Sign _____ Date _____

RACE DAY EMERGENCY CONTACT:

Name _____ Relationship _____

Cell Phone: (_____) _____ Other Phone (_____) _____

My Cell Phone Number is (_____) _____