8th ANNUAL RUN FOR THE HEROES 5K – November 9, 2019 – O’Fallon, IL

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high/low temperature and/or humidity, traffic and the conditions of the road/path, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades and animals are not allowed in the race and I will abide by all race rules. I understand that if I use a personal music player it is at my own risk. I understand that pets are not allowed to participate in this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the 6th Annual Run for the Heroes 5K Run Walk, the city of O’Fallon, IL 62269, all event sponsors, 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 grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature:

Date:

Parent’s Signature if under 18 years:

Date