



**Long Island Road Runners Club, Inc. 2023 - 2024**



**General Liability for Runners Waiver and Release Form**

I have read the Long Island Road Runners Club, Inc. Rules of Competition on the club website and agree to abide by said rules. I know that running in LIRRC events is a potentially hazardous activity. I agree not to participate as a runner unless I am medically able and trained. I agree to abide by any decision of an event official relative to the assessment of my ability to safely complete the event. I assume all risks associated with running for this event, including but not limited to changes in running surfaces including paths, course markers & cones located within the park and on the course, falls, contact with participants, volunteers, race officials, spectators, pedestrian traffic, strollers, bicycles, skaters and other persons using the park for other activities or events, the effect of weather including storms, winds, cold, snow, and ice, traffic and conditions of the roads and paths within the park, all such risks being known and appreciated by me.

Liability Waiver and Release

In consideration of running, I the undersigned, intending to be legally bound, do hereby declare myself, my heirs, executors, administrators and assigns, do waive and release all rights and claims for any damages I may have against the Long Island Road Runners Club Inc., LIRRC race officials, volunteers, Elitefeats, Inc., the County of Nassau, the Nassau County Parks, Recreation, and Museums, and all the aforementioned representatives, employees, and successors, agents and assigns, for any and all injuries suffered by me in this LIRRC sponsored event. I also agree that if I am injured in this LIRRC sponsored event, that I give permission to LIRRC to call upon medical help that is reasonably necessary and to allow my information to be taken in an incident report.

Publicity Release

I grant permission to Long Island Road Runners Club, Inc. to use, publish or license, or authorize others to use, publish or license any photographs, motion pictures, video or sound recordings, and/or any other record of my participation in the Events, including but not limited to my name, portrait, picture, likeness, image, and/or biographical information for any purpose without remuneration.

Guardian's Permission and Release of a Minor

If signed by a parent, the parent agrees to release and hold the above-named organizations and persons harmless from any claims that may be asserted by or on behalf of the minor entrant.

Acknowledgement of Understanding

I have read this waiver and I fully understand that I am giving up substantial rights, including my right to bring actions against the releasees. I further acknowledge that I am signing freely, voluntarily and of sound mind.

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Print Name

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Signature

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Signature of Parent of Guardian

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Date