



WAIVER

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. 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 heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 organizers, **Plan Ahead Events-Southeast MD**, of the National Park Service, Holiday Sleigh 5K, Ft. Dupont Park, **RaceDC Timing**, and **all other sponsors, their representatives, and successors** from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this **waiver**. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Please print names of all participants:

Address _____

SIGNATURE

DATE