I understand that participating in any ChristianRunners.org event is potentially hazardous, and that I should not participate unless I am medically able and properly trained. In consideration of the acceptance of this signed form, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from an event, during an event, or while I am on the premises of an event. I also am aware of and assume all risks associated with participating in any CR event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, ChristianRunners.org and each of their agents, representatives, successors and assigns, and all other persons associated with these events, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in these events. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of these events. **(by signing in, I agree to the above in full)**

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| --- | --- | --- | --- | --- | --- | --- |
| **First Name** | **Last Name** | **Please Sign In** | **Distance You Plan to Run** | **AVG Pace per Mile** | **Departure Time** | **Emergency Contact & Phone #** |
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**Event Location:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Event Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_