



Safety

Safety and injury prevention is our number one priority! We will be running routes that are mapped and marked. To the best of our ability, we will be running routes that are safe and out of the way of traffic. However, all routes will encounter some traffic and other trail-users and will require runners to be alert and aware of turns, traffic and obstacles. Maps will be provided and discussed prior to Saturday workouts. In advance of each run, runners will be held responsible for studying maps to fully understand any risks that may exist. If any runner is uncomfortable with the route mapped, they should discuss their concerns with the coaches.

Release and Waiver

I know that running and walking are potentially dangerous activities. I should not participate in the Runner's Edge of the Rockies LLC program unless I am medically able and properly trained. I also know that traffic will be on the course routes. I assume the risk of running or walking in traffic. I also assume any and all other risks associated with participating in the program including, but not limited to falls, contact with other participants and trail users, the effects of weather, including heat and/or humidity, cold, wind, snow, rain, or ice and the conditions of the roads, all such risks being known and appreciated by me. I understand that I am solely responsible for my own safety while traveling to and from or participating in this program. To ensure a safer environment for myself and all other participants, I will not wear headphones, or run or walk with a baby jogger or a dog. Knowing these facts and in consideration of you accepting my entry form, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf covenant not sue, and waive, release, and discharge Runner's Edge of the Rockies LLC, David C. Manthey and Julie A. Manthey or any sponsor or contributor to this program, any official or volunteer, any city or municipality, their representatives, successors or assigns, from any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this program. The Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown.

Acceptance

By marking the checkbox on your interactive sign-up screen, you are accepting the terms of this document in their entirety.