

nOg Run Club Liability Waiver

First Name: _____ Last Name: _____

User Name: _____ Email: _____

Zip Code: _____ Gender: Male or Female Key Tag Number: _____

Date of Birth: ____/____/____ I certify that I am 18 or older Phone Number: _(____)____-_____

Emergency Contact Name: _____ Emergency Contact Number: _(____)____-_____

In consideration of being permitted to participate in the nOg Run Club, I agree to assume all risks inherent in participation in such program, whether they are apparent to me or not. I certify that I am in good physical health and fit to participate in the event and have not been advised otherwise by qualified medical personnel. Nevertheless, I acknowledge that participation carries an inherent risk of injury to my person and damage to my property. I hereby waive and release, for myself and for my heirs and assigns, any and all claims, causes of action, or liabilities which may hereafter accrue against the nOg Run Club and its affiliates, their agents, employees, volunteers, officers, directors, successors and assigns, the City of Raleigh, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in the nOg Run Club by reason of my participation in the program, including any and all claims for personal injuries caused by the nOg Run Club's negligence. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of these events for any legitimate purpose, including commercial advertising, without monetary payment to me. (This information is protected by the Privacy Act).

I accept the waiver

We have a really large group, and need participants to run safely and courteously; therefore, we need you to agree to the following running safety guidelines while participating in the nOg Run Club:

- I will run on the sidewalk whenever possible, when not running on the sidewalk, I will run on the side of the road, facing on-coming traffic at all times (the left side for most of the route).
- I will wear reflective clothing, accessories, or lights for my safety and the safety of others.
- I will stop at all stop signs and stop lights to insure that oncoming traffic yields to me before proceeding across the road. I will not assume that running with a group allows me to run in a hazardous manner.
- I will cross streets at intersections or official crosswalks, always yielding to oncoming traffic. The residents of Oakwood have been very gracious towards the club; please respect their property, vehicles, and right to get home safely after work. By initialing below, I agree to abide by the aforementioned safety guidelines set forth by the nOg Run Club. Without my consent, the club can change said guidelines

I accept the rules and regulations

Signature: _____

Date: _____

