

GHUMC Carry your Cross Race Waiver

I know that participating in a 5K run/walk is a potentially hazardous activity. I understand the nature of the Carry Your Cross 5K run/walk that I may participate in may require mental judgment and a high degree of physical fitness, agility and dexterity, and that this may include strenuous exercise that requires physical fitness, strength and stamina. I should not enter and run unless I am medically able and properly trained. I understand that neither Greater Heights United Methodist Church (UMC) nor Double Barley Brewing will provide medical or health insurance coverage to me during any aspect of my participation in the Carry Your Cross 5K run/walk. I hereby certify that I am in good health and I have trained to run the distance of the race which I am entering. I assume all risks associated with running in this event including, but not limited to: falls, contact with other runners/walkers, traffic/road conditions and the effects of weather, including high heat and/or humidity, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf covenant not to sue and waive and release and discharge Greater Heights UMC, the United Methodist Church, Double Barley Brewing and all race sponsors, race officials, officers, directors, board members, volunteers, local and state police, governmental bodies, including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all damages or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event, whether same is caused by negligence or fault. This release and waiver extends to all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. I grant permission to all of the foregoing to use any photographs, recordings, or any other record of this event for any lawful purpose. Applications for minors will be accepted only with a parent's or legal guardian's signature and all children participating in the 5K race under the age of 12 must be accompanied by an adult during the race.

Name _____			
Address _____		City _____	State _____ Zip _____
Telephone (_____) _____			
Date of Birth _____		Age on Race Day _____	
Email _____			
Race (check one) Run <input type="checkbox"/> Walk <input type="checkbox"/>			
Waiver Signature _____			
(Signature of Parent or Guardian if under 18)			