

# TIGER DUMB ASS 50K SAFETY FORM AND WAIVER

Name \_\_\_\_\_

Age on day of run \_\_\_\_\_ Male  Female

E-mail address \_\_\_\_\_

Phone number \_\_\_\_\_

**Equipment carried today while running:**

- |   |                          |                              |                          |
|---|--------------------------|------------------------------|--------------------------|
| Map                                       | <input type="checkbox"/> | Turn-by-turn Directions      | <input type="checkbox"/> |
| Altimeter                                 | <input type="checkbox"/> | Water Bottle/Bladder         | <input type="checkbox"/> |
| Dry Windproof Shell / Jacket              | <input type="checkbox"/> | Whistle                      | <input type="checkbox"/> |
| Headgear (hat, headband, balaclava, etc.) | <input type="checkbox"/> | Gloves                       | <input type="checkbox"/> |
| Food (gels, bars, etc)                    | <input type="checkbox"/> | Cell Phone (number as above) | <input type="checkbox"/> |
| Flashlight (if heading out after 2:00pm)  | <input type="checkbox"/> | Mylar Emergency Blanket      | <input type="checkbox"/> |

Other \_\_\_\_\_

**Note:** This is a checklist to aid the organizers in evaluating your situation in the event that you are overdue. On a fine weather day you may need nothing on this list. In extreme weather conditions you may need more than what is listed here.

**Person to notify in the event of an emergency:**

Name \_\_\_\_\_

Relationship \_\_\_\_\_ Phone Number \_\_\_\_\_

## **THE FOLLOWING IS A RELEASE AND A WAIVER: BY SIGNING IT, YOU GIVE UP ANY CLAIM FOR INJURY OF ANY KIND**

I am a Dumb Ass. That's why I'm here today. In consideration of accepting my participation in the run, and intending to be legally bound for myself, my heirs, my executors, and my administrators. I hereby release and discharge the Tiger Dumb Ass fun run, organizers, sponsors, and each and every person and entity affiliated or associated with the run from any and all liability, rights, and claims for damages I may have arising out of my participation in this run, and waive all rights I may have to any such claims. I know that running is a potentially hazardous activity. I should not participate in this run unless I am medically able and properly trained. I agree to abide by any decision of a run organizer relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of extreme weather, the conditions of the trail and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my participation, I, for myself and anyone entitled to act on my behalf, waive and release the Tiger Dumb Ass fun run, race directors, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this run even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I acknowledge that there are inherent risks associated with my participation in this run, and agree to pay all of my own medical and emergency expenses in the event of accident, illness, or other incapacitation regardless of whether I have authorized such expenses at the time they are incurred. I also grant full permission to the run organizers and sponsors to use any photographs or other records of my participation in this run for any legitimate purpose.

This form must be signed. No entry from anyone under 18 years of age on race day.

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_