

I agree that I, _____ [NAME OF MEMBER] am a member of Fredericksburg Area Running Club (hereinafter "FARC"), and I know that running in and volunteering for organized group runs, social events, and races associate with FARC are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with FARC and am in good health, and I am properly trained. I agree to abide by all rules established by FARC, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of FARC and agree to abide by them. I assume all risks associated with being a member of FARC and participating in all club activities, which may include but no limited to: falls, physical contact with other participants/members, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants/members, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

I will abide by all rules of FARC. Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Fredericksburg Area Running Club and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in FARC activities, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in any activities associate with FARC. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my

participation in any club activities, and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of FARC for any legitimate purposes. I understand that FARC does not provide for refunds in the event of cancellations of services, and by signing this waiver, I consent that I am not entitled to a refund if the any club activities including events are cancelled.

Signature:

Date:

Parent's Signature if under 18 years:

Date: