



Runners Roost
COLORADO

Runners Roost Run Club Waiver

SAFETY

For your safety, we urge you not to participate in our running activities unless you are sufficiently physically fit and not under the influence of any drugs, alcohol, or medications that could affect your health. The routes we run will often encounter traffic, and require runners to be alert and aware of turns, vehicles, pedestrians, and obstacles.

RELEASE & WAIVER

You must agree to the following conditions before participating in today's run or any further runs sponsored by the Runners Roost Run Club, and you understand and agree that the following waiver and release is controlling for all purposes whenever you participate in Run Club activities.

By signing below, you acknowledge and agree that running and participation in sports activities involve risks of bodily injury, property damage, and other dangers. Dangers include but are not limited to: strains, cuts, bruises, broken bones, concussions, and heart attacks. I understand that participation in today's run and any further activities of the Runners Roost Run Club is strictly voluntary. I agree to abide by any decision of the Run Club organizers relative to my ability to safely complete any activities regarding the run. I also agree to run in the safest manner as possible, obeying all traffic laws as they pertain to pedestrians and runners. I assume all risks associated with participating in Run Club activities including but not limited to: falls, contact with other participants, effects of the weather, as well as traffic and road conditions.

I understand and agree that I am solely responsible for any injuries that I may suffer while participating in Run Club activities. I recognize that Run Club activities have a certain degree of risk, and I knowingly and voluntarily assume the risk of any injuries, regardless of severity, including death, and all risk of damage to or loss of property that may incur, even if arising from the negligence of Runners Roost, while I am participating in Run Club activities. In consideration of the opportunity to participate in Run Club activities, I, on behalf of myself, my agents, spouse, family members, heirs and next of kin, hereby agree to release, indemnify, and hold harmless Big Red Running LLC, d.b.a. Runners Roost and their employees, agents, members, volunteers, vendors, and representatives from any responsibility or liability for personal injury, including death and damage to or loss of property, whether or not arising from the negligence of Runners Roost, that may occur while I am traveling to or from, participating in runs or running related events, or being triaged by volunteers. I also understand that while Runners Roost does not discourage participants from using personal listening devices, running or walking with a baby jogger, or bringing dogs along on the runs, Runners Roost shall not be held responsible for any injuries incurred from such activities, and in the case of any accidents involving dogs will hold the owner responsible. Accordingly, it is strongly encouraged that any canines present at Run Club be properly trained and socialized to be around large groups of other people, traffic, and other dogs.

In addition, I understand that Runners Roost does not provide medical insurance coverage. In the case of injury or medical emergency and in the event that I or my spouse, parent, or guardian, cannot respond at the time of the emergency, Runners Roost has permission to seek, administer, or have administered whatever first aid or emergency medical care deemed necessary for my welfare. I understand and agree that I, and not Runners Roost, shall be responsible for any and all charges for such healthcare services regardless of whether my medical insurance would cover such charges.

I agree to the above conditions as a prerequisite to participating in the running activities of Runners Roost Run Club.

Full Name (print)

Signature

Date

Active Email Address

Emergency Contact

Name

Phone