**Waiver**

I know that running in and volunteering for organized group runs, social events, and races with this group are potentially hazardous activities, which could cause injury or death.

I will not participate in any 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 the group and am in good health, and I am properly trained.

I agree to abide by all rules established by the group , 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 the group agree to abide by them.  I assume all risks associated with being a member of this group and participating in group activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me.

I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in group organized activities and I agree to abide by this rule.

Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Hays Public Library and the city of Hays, all group sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the group, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the group.

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