



### 2022 10k Mini COMPANION ASSUMPTION OF RISK

I know that running a road race is a potentially hazardous activity. I will not enter and run unless I am qualified, in good health, medically able, and properly trained. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the event. I fully accept and assume all responsibility for losses, costs, and damages I incur as a result of my running this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. Having read this waiver, knowing these facts, and in consideration of accepting my entry, I for myself and anyone entitled to act on my behalf, discharge, waive, and release the Metropolitan Richmond Sports Backers, YMCA of Greater Richmond, City of Richmond, Ukrop's Homestyle Foods, Kroger, Collegiate Running Association, VCU Massey Cancer Center, Road Runners Club of America, USA Track and Field all other sponsors, along with their officers, directors, agents, volunteers and employees from all claims or liabilities of any kind arising out of my participation in this event. This is a road race conducted under the rules of USATF. It is not intended for and will not permit individuals with baby joggers, strollers, dogs on leashes, skateboards or roller blades.

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Parent/Companion Name

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Parent/Companion Signature

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Date