



## **Waiver and Release of Liability:**

I acknowledge that participation in running activities, organized events, and group runs with the Capital City Runners/Walkers involves inherent risks. These risks include, but are not limited to, personal injury, falls, contact with other participants, and the effects of weather, traffic, and road conditions. I understand that participation in these activities is voluntary, and I assume full responsibility for any injuries or damages that may occur to me directly or indirectly through my participation in running/walking activities, organized events or group runs/walks.

I hereby waive, release, and discharge the Capital City Road Runners/Walkers, its members, officers, agents, volunteers, and any sponsors or partners from any and all claims, liabilities, or causes of action, whether known or unknown, arising directly or indirectly out of my participation in club running/walking activities, organized events and group runs/walks. I agree to assume all risks, whether foreseen or unforeseen.

I acknowledge that it is my responsibility to be physically prepared, in good health, and properly equipped for the running activities in which I choose to participate in. I will obey all local traffic laws and regulations, and I understand that the responsibility for my safety rests with me.

## **Photo and Media Release:**

I grant Capital City Road Runners/Walkers permission to use photographs or videos taken during club activities, including those that include me, for promotional or educational purposes.