

# ERR Labor Day 5K

BIB # \_\_\_\_\_

September 4, 2023

at Freedom Chiropractic & Rehab, 5969 Exchange Dr, Eldersburg, Maryland

Timed 5K Race at 9:00 AM and 1-Mile Fun Run at 9:45 AM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Circle one: Male Female

Circle one: 5K Non-Member \$35 5K ERR Member \$30 5K Virtual option \$30 1-Mile Fun Run \$10

5K Circle one: Women's Performance T-shirt XS S M LG XL or Men's Performance T-shirt S M LG XL XXL

## Participant Waiver for Race Registration

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, I am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, 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 race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, 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 assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, roller skates or inline skates, and personal music players are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Eldersburg Rogue Runners, 1623 Brewing Co., Tri Sport Junction the city of Sykesville, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of communicable diseases and voluntarily assume the risk that I may be exposed to or infected by communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand the risk of in connection with my participation in this event 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 this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is canceled before or during the event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

All registrations are final. There are no refunds due to weather or non-participation.

Mail to: Eldersburg Rogue Runners  
PO Box 1726  
Eldersburg MD 2178  
Or Drop-off at:  
Tri Sport Junction  
7568 B Main St, Sykesville MD 21784  
*See [errun.org](http://errun.org) for more race details*