



MRC Liability Waiver

I desire to enter and participate in club runs and races organized by the Melrose Running Club. I acknowledge that running has inherent dangers and can be a dangerous sport. I assume all risks of running along or across roadways. In consideration of the acceptance of my joining the club in weekly club runs, and/or the acceptance of my membership to the club, I hereby for myself, all listed family members, my heirs, executors and assigns, waive, release and hold harmless the Melrose Running Club, Melrose Knights of Columbus, any other member, sponsor entity and the officers, directors and shareholders and or members agents employees of each, all medical and other personnel assisting with the runs, their representatives, successors, and assigns, from any and all claims, demands, liabilities, rights or causes of action of whatsoever kind of nature including but not limited to those arising from negligence on the part of any of the aforementioned persons or entities, for damages for any and all injuries to me or my property, or for damages caused by me or by anyone else (including Act of God), arising out of or in connection with participation in the runs and races. I hereby certify that I am in good health.

9/19/18