



**Waiver:** I know that running a road race is potentially a hazardous activity. I should not enter and run or walk unless I am healthy and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, and traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself, my heirs and anyone entitled to act on my behalf, waive and release forever the Six Rivers Running Club, the County of Humboldt, the City, and all volunteers, sponsors, their employees, representatives and successors from all claims and liabilities arising out of my participation in this event. It is also understood that due to insurance exclusion, skates, skateboards, radio headsets and portable sound systems are not allowed on the course during the race.

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