

Rio Del Lago 100 Mile Run Pace Runner Waiver and Release

Participants in this event are permitted to have a pace runner accompany them during specific portions of the course.

As a pace runner, I accept the following terms and conditions of the Waiver and Release:

I agree to comply with all the rules, conditions and regulations governing participation in the Rio Del Lago 100 Mile Run. I agree to make every reasonable effort to be self-sufficient by carrying my own water and other provisions. I have also been warned that I should be in excellent physical shape and adequately conditioned to run 48 (or a portion thereof) miles of difficult and remote trail under adverse conditions and that my conditioning ought to have been confirmed by a recent physical examination (including stress electrocardiogram) conducted by a physician of my own choice. I have been advised that the conditions and hazards I am likely to encounter include, without limitation, lack of potable water, extremes of cold and heat, lack of emergency vehicular access, rocky, steep and uneven trail surfaces, vehicular hazards and running in the dark, over trails cut into the sides of steep river canyons.

I know that, for most participants, pacing will be done during the dark hours of the night and early morning. Therefore understand that I should be familiar with the Rio Del Lago Trail and used to running in the dark with flashlights. I also understand that I may be exposed to physical injury from a variety of natural factors including snow on the trail, poison oak, lack of water, heat, cold, cougars, rattlesnakes and bears, and to the hazards of running along or across roadways during the day or at night (including, without limitation, exposure to the risk of injury from passing vehicles).

In spite of my knowledge of these factors and in consideration of your permission to allow me to participate as a pace runner in the Rio Del Lago, on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive release and discharge the following "Released Parties":

1. The Rio Del Lago race management, directors and officers
2. All physicians, nurses, law enforcement personnel, search and rescue personnel, aid station volunteers and all other personnel assisting with the Rio Del Lago 100;
3. All run sponsors;
4. Any other person assisting with the Rio Del Lago 100; and rights, claims of liability for:
 - a. All injuries (including death) to me or my property, including those injuries caused by the negligence of any other pace, participant, run organizer, sponsor or Released Party.
 - b. All damage caused by me or by anyone else, including acts of God, arising out of, or relating to, my participation as a pace runner in Rio Del Lago 100.

I further agree that I will defend, indemnify and hold harmless any and all release parties and the trustees, officers, directors, members, sponsors, shareholders of agents of any Released Party against any and all claims, demands and causes of action, including court costs and attorney's fees relating to, or arising out of, any litigation or other proceeding maintained by me or on my behalf contract to the terms of the Waiver and Release.

This release extends to all claims or every kind of nature whatsoever, that may exist in my favor, whether known or unknown to me, and I expressly waive any benefits I may otherwise have under section 1542 of the civil code of California relating to the release of unknown claims.

Runner Bib #	Runner Name	Pacer #1	Signature	Pacer #2	Signature