



WAIVER IS MANDATORY

PLEASE READ AND SIGN THE FOLLOWING

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I also understand that dogs will be permitted to participate in the VGR 5k. I agree to abide by any decision of an event official relevant to my and, if applicable, my dog's ability to complete this event safely. By agreeing below, I give permission to event officials to render and/or obtain emergency medical treatment for me and/or my dog. I assume all risks associated with running in this event including, but not limited to: falls, contact with spectators, other participants or dogs, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. If my dog is participating, I affirm that they are fully vaccinated, over the age of six months, and will be on a close leash at all times.

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 organizers of the VGR 5K, Navy Federal Credit Union, Active Veterans with Answers, Inc., and all other sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my and/or my dog's participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of me and/or my dog at this event for legitimate purposes.

I understand registration fees are non-refundable!

Participant or Guardian Signature :