

## 2023 NMTC Spring and Fall Trail Series Waiver

I know that running in (or volunteering for) a trail or 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, and 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, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trail and/or road, all such risks being known and appreciated by me. 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 Northern Minnesota Track Club, City of Duluth, Spirit Mountain Recreation Area, City of Superior, Superior Hiking Trail, City of Cloquet, University of Minnesota Board of Regents, MNDOT, University of Minnesota – Duluth, 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 the events listed below, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. 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 purpose.

I know that I am required to stay home if I am COVID positive, have been exposed to someone that is COVID positive in the past 10 days, am not feeling well or am experiencing any symptoms as listed here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Gender: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Parent's Name (if under 18): \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

### Race Day Procedure:

1. Sign in at the table
2. Have fun completing the course/volunteering
3. Print name on finish place card, next to that week's race
- 4. Turn in the card!**
- 5. Check before leaving, did you turn in your card?**

### 2023 NMTC Spring Trail Series

Bear Creek Trail, 5/3 (Rain Date 5/31 @6pm)  
Spirit Mountain, 5/7 (Rain Date 5/31 @10am)  
Point Pine, 5/10 (Rain Date 5/31 @6pm)  
Billings Drive, 5/17 (Rain Date 5/31 @6pm)  
Woodland Run, 5/24 (Rain Date 5/31 @6pm)  
Chester Bowl, 6/7

### 2023 NMTC Fall Trail Series

Lester Park, 8/30 (Rain Date 10/22 @4pm)  
Zapp's Loop, 9/6 (Rain Date 10/22 @4pm)  
Hartley, 9/13 (Rain Date 10/22 @4pm)  
Brown's Point, 9/20 (Rain Date 10/22 @4pm)  
Rock Hill, 9/27 (Rain Date 10/22 @4pm)  
Pine Valley, 10/4 (Rain Date 10/22 @4pm)  
Rolling Stone, 10/8 (Rain Date 10/22 @4pm)  
Bull Run, 10/15 (Rain Date 10/22 @4pm)  
Hawk Ridge, 10/29