

**2009 RACE WAIVER & RELEASE OF LIABILITY  
PARTICIPANTS MUST READ AND SIGN**

In consideration of being allowed to participate in any way in the related events and activities the undersigned:

Acknowledges and fully understands that he/she will be engaging in activities that involve risk of serious injury, including permanent disability or death, and severe social and economical losses which might result from not only his/her actions, inactions, negligence of others, the rules of play, the conditions of the premises or of any equipment used during the activity. Further, that there may be other risks not known or not reasonably foreseeable at this time.

Assumes all the foregoing risks and accepts personal responsibility for the damages following such an injury, permanent disability or death.

Releases, waives, discharges, and covenants not to sue Angry Cow Adventures, Jim Craig, the affiliated clubs, the respective administrators, directors, agents and other employees and volunteers of the organization, other participants, sponsoring agencies, advertisers, and, if applicable, owners and leasers of premises used to conduct the event. All of these which are herein after referred to as "releasees" from the demands, losses, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.

Understands the refund policy for the 2009 events. There will be NO refunds of entry fees due to inclement weather or acts of nature. The only exceptions to the no refund policy are: entries received after the deadline date, entries of non qualified participants and a special circumstance deemed viable by Director Jim Craig.

Pledges to adhere to standards of good sportsmanship and respect opponents, officials, volunteers and spectators at all times before, during and after the event. Any violation of this will be handled by the directors and may result in expulsion for the remainder of the year.

**I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I  
HAVE GIVEN UP SUBSTANCIAL RIGHTS BY SIGNING THIS WAIVER  
VOLUNTARILY. THIS AGREEMENT CAN NOT BE MODIFIED ORALLY.**

**FIRST NAME-----LAST NAME-----**

**SIGNATURE-----DATE-----**

**MUST BE SIGNED BY PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE**