



**SWEAT AND SIGHTSEE
SIMULTANEOUSLY**

est. 2005

Release and Waiver - READ CAREFULLY BEFORE SIGNING

The undersigned certifies as follows:

- I wish to take part in a City Running Tours run.
- I understand that the tour is a physical activity.
- I am physically fit. I understand my physical limitations and am sufficiently self-aware to stop physical activity before I become ill or injured.
- I am aware that streets adjoining the route are open to regular vehicular traffic.
- I am aware no water stations may exist on the routes.
- I will obey all traffic laws and regulations.
- I understand that by signing below, I am waiving my right to assert any claim or cause of action against City Running Tours and its employees in my exchange for taking part in City Running Tours.

Intending to be legally bound, I do hereby, for myself, and my heirs, executors, and administrators, waive, release and forever discharge any and all rights or claims for damages which may have or which hereafter accrue to me against and all persons, organizations, and legal entities affiliated with City Running Tours, more particular to the directors of City Running Tours individually, and as a whole, together with their representatives, officers, agents, successors, assigns, and sponsors, for any and all damages which may be sustained or suffered by me in conjunction with my participation in, and/or arising out of my travel to, taking part in, or returning from City Running Tours.

Signature _____ Date _____

Printed Name _____ Email _____

Address _____

City _____ State _____

Country _____ Zip Code _____

Company _____ Circle one: RUN or WALK