



Glenn Frick Memorial Mile Registration

Sponsored by the Juneau Trail and Road Runners

July 4th, 2021



Race Start 11:30am (before the Juneau parade!) **Registration** 11am, downtown JRC parking lot. **Course** Runners run the reverse parade route, beginning at the Gold Creek Bridge on Egan Drive and finishing parallel to the 4 Points Hotel on Egan Drive. **Awards** \$50 will be awarded to the top male and female finishers. \$100 for course record. **Cost** Pay-as-you-can: A fundraiser for the JDHS XC running team. **Make Checks Payable to JTRR.**

NAME: _____ **BIRTHDATE:** _____

EMAIL/PHONE/MAILING ADDRESS: _____

WAIVER AND RELEASE: I know that running a trail 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 no limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; pedestrian traffic and the conditions of the road. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me. I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates, animals, and personal music players are not allowed in the race, and 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 Juneau Trail and Road Runner, the state of Alaska, the City and Borough of Juneau, 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 this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk. 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 purposes. I understand that this event does not provide for refunds in the event of a cancelation, and by signing this waiver, I consent that I am not entitled to a refund if the event is canceled before or during the event.

SIGNATURE: _____

(UNDER 18 MUST HAVE GUARDIAN SIGN)



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