



## **ACKNOWLEDGEMENT WAIVER AND RELEASE FROM LIABILITY (AWRL)**

I acknowledge that triathlons, duathlons, or other endurance events are an extreme test of a person's physical and mental limits and carries with it potential for death, serious injury, and property loss. I HEARBY ASSUME THE RISKS OF PARTICIPATING IN TRIATHLONS, DUATHLONS, OR OTHER ENDURANCE EVENTS. SIMILARLY, I ASSUME THE RISKS OF PARTICIPATING IN TRAINING SESSIONS, BUSINESS MEETINGS, SOCIAL EVENTS OR ANY OTHER ACTIVITY SPONSORED BY MRA MULTISPORT, LLC (MRA MULTISPORT) AND USA TRIATHLON (USAT) AND ROAD RUNNERS CLUB OF AMERICA (RRCA). I certify that I am physically fit, have sufficiently trained for this event(s), and have not been advised against participation by a qualified health professional. I acknowledge that my statements on this AWRL are being accepted by MRA MULTISPORT and USAT and RRCA in consideration for allowing me to become a member of MRA MULTISPORT and are being relied upon by MRA MULTISPORT and USAT and RRCA and various sponsors, organizers and administrators in permitting me to participate in any MRA MULTISPORT or USAT sanctioned or RRCA event.

I waive release and discharge from any and all claims, losses, or liabilities for death personal injury, permanent and partial disability, property damage, and medical and hospital bills, theft or damage of any kind, including economic losses, which may in the future arise out of or relate to my participation in or traveling to and from any MRA MULTISPORT or USAT sanctioned or RRCA event, the FOLLOWING PERSONS OR ENTITIES: MRA MULTISPORT, USAT, RRCA, EVENT SPONSORS, RACE DIRECTORS, EVENT PRODUCERS, VOLUNTEERS, ALL STATES, COUNTIES, CITIES, OR LOCALITIES IN WHICH EVENTS OR SEGMENTS OF EVENTS ARE HELD, AND THE OFFICERS, DIRECTORS, EMPLOYEES, REPRESENTATIVES AND AGENTS OF ANY OF THE ABOVE, EVEN IF SUCH CLAIMS, LOSSES, OR LIABILITIES ARE CAUSED BY NEGLIGENT ACTS OR OMISSIONS OF ANY OTHER PERSON OR ENTITY. I ACKNOWLEDGE THAT THERE MAY BE TRAFFIC OR PERSONS ON THE COURSE ROUTE, AND I ASSUME THE RISK OF RUNNING, BIKING OR SWIMMING OR PARTICIPATING IN ANY OTHER EVENT SANCTIONED BY MRA MULTISPORT AND/OR USAT. I ALSO ASSUME ANY AND ALL OTHER RISKS associated with participating in MRA MULTISPORT or USAT sanctioned or RRCA events, including but not limited to falls, contact and/or effects with other swimmers or boats, and any hazard that may be posed by spectators, officials or other participants, or volunteers. I further acknowledge that these risks include risks that may be the result of negligence of the persons or entities mentioned above, or of other persons or entities.

I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims, losses, or liabilities that I have waived, released or discharged herein. I INDEMNIFY AND HOLD HARMLESS the persons and entities mentioned above from any and all claims made or liabilities assessed against them as a result of (i) my actions or inactions; (ii) the actions or inactions or negligence of others, including those parties hereby indemnified; (iii) the conditions of the facilities, equipment, or areas where the event or activity is being conducted; (iv) USAT Competitive Rules and any additional rules imposed by MRA MULTISPORT; or (v) or any other harm caused by an occurrence related to a MRA MULTISPORT or USAT sanctioned or RRCA event. I GRANT PERMISSION for the use of my name and/or likeness and/or photograph relating to my participation in a MRA MULTISPORT or USAT sanctioned or RRCA event, and I waive all right to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OLD OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENTS.