Wilson Creek Frozen 50k Pacer Waiver of Liability

Runner Bib # _____Runner Name_____
Pacer Name _____

Participants in the Wilson Creek Frozen 50k are permitted to have a pace runner (also referred to as safety runner/pacer/running partner) accompany them during the race starting at the Paradise aid station (mile 20.3) and continuing through the second loop of the race. Pacers may not join runners before that.

- **Pacers may not "mule" or carry anything from the runner.**
- **Pacers must accompany their runner AT ALL TIMES (unless in case of emergency to leave the runner to get help).**
- **Pacers must wear the bib # given to them in exchange for filling out this waiver.**

As a pace runner, I accept the following terms and conditions of the Waiver and Release:

I wish to enter and participate in the Wilson Creek Frozen 50k as a pace runner for a race entrant. I accept the rules, conditions, and regulations of this event and will comply with them. I have sufficiently trained to participate in the capacity of pacer/pace runner/safety runner/running partner and am in good health. I am capable of making rational decisions and judgments for the safety and welfare of myself and for the Runner I am accompanying. The real meaning of this release is that the Wilson Creek Frozen 50k event represents extreme and unknown risks to me and my Runner for which I freely and voluntarily agree to be solely responsible.

I agree to comply with all the rules, conditions, and regulations governing participation in the Wilson Creek Frozen 50k. I understand that I should be familiar with the trails. I have been advised that the conditions and hazards I am likely to encounter include physical injury from a variety of natural factors including but not limited to rocky, steep, and uneven trail surfaces, poison oak/ivy, lack of potable water, extremes of cold and heat, cougars, rattlesnakes, bears, lightening storms; and non-natural factors including but not limited to lack of emergency vehicular access and hazards of running along or across roadways during the day and night (including, without limitation, exposure to the risk of injury from passing vehicles). I agree to make every reasonable effort to be self-sufficient by carrying my own water and other provisions. I have also been warned that I should be in excellent physical shape and adequately conditioned to run 15+ miles of trail under adverse conditions, and that my conditioning ought to have been confirmed by a recent physical examination (including stress electrocardiogram) conducted by a physician of my own choice.

In accepting this waiver, I, intending to be legally bound, agree that I, my heirs, executors, and administrators, release any and all claims for damages I may have against Pickled Feet Ultra Running, the Wilson Creek Frozen 50k, the Bureau of Land Management and its affiliates, USA Track & Field, any official sponsor entity, officers, directors, members, volunteers, agents and employees of each, all medical and other personnel assisting with the ultrarunning event, their representatives, successors, and assigns, from any and all rights, claims, or liability for damage including court costs and attorneys' fees directly or indirectly arising from any action or other proceeding brought by or prosecuted for my benefit, for any and all injuries to me or my property or damage caused by me or anyone else (including Acts of God), arising out of or in connection with my participation in this event, including death. I have read this waiver of liability, and I agree with and understand its contents. I attest and verify that I know participating in an ultra race can be a potentially hazardous activity and have sufficiently trained and know I am running at my own risk. I will additionally permit the free use of my name and pictures in broadcasts, telecasts, newspapers, etc. I will remember that I was voluntarily talked into being here. This release extends to all claims of every kind and nature whatsoever, whether known or unknown to me.

Pacer Signature _____

Date _____