Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained to run the distances of this event (3.1 miles). I agree to abide by any decision of a race official relative to my ability to safely complete the run, as well as abide by any recommendation to withdraw from the race or run/walk at a slower pace due to weather conditions. I understand that the weather conditions are often hot and humid and there is a danger of heat-related injury or even death. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. 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 University of Nebraska-Lincoln, Board of Regents, the City of Lincoln and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature date: _________________________

Signature of Parent or Guardian (if participant is under 19) ________________________________