



**41st Annual January Thaw Road Race
Sunday, January 19, 2020, 11 a.m.**

Join Central Maine Striders for our 41st annual 4.5-mile January Thaw Road Race.

- *Registration:* Race day only, starting at 10:00 a.m.
- *Cost:* \$10 for Central Maine Striders members / \$15 for non-members
(Please make checks payable to Central Maine Striders.)
- *Race Start:* 11 a.m.
- *Location:* Belgrade Central School (158 Depot Road, Belgrade, Maine)
- *Race Directors:* Tom McGuire (tmcguire46@gmail.com), Geoff Hill, Ron Peck

Waiver and Entry Form: January Thaw Road Race

I know that running a race is 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 not limited to: falls, vehicular traffic, contact with other participants, the effects of the weather, including but not limited to cold and frostbite, traffic and the conditions of the road, and getting lost.

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 January Thaw Road Race, Central Maine Striders, Belgrade Central School, 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. 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 purpose.

Name: _____ M _____ F _____ Age _____

Address: _____

Signature: _____ (by parent if under 18)

Date: _____