



STEP UP FOR SOLDIERS COMBAT MUD RUN 2012 **RULES AND LIABILITY WAIVER**

1. The following rules and guidelines are intended to help create a fun and safe event for all participants. All participants must follow the rules and instructions given by the race director, staff, volunteers, medical staff and law enforcement.
2. The Combat Mud Run is designed to push your limits, but do not attempt an obstacle that you are uncomfortable with. Course obstacles may be hazardous.
3. Be smart and use your discretion. Notify a race official if you are injured or feel that your safety is in danger at any time during the race.
4. All Participants understand and acknowledge The Combat Mud Run is an extreme event and accept all risks associated with the event.
5. Participants assume all responsibility for all medical expenses incurred as a result of training and/or participating in Combat Mud Run, including but not limited to hospitalization, ambulance transportation or physician services.
6. Combat Mud run medical personnel may examine any participant who appears to be injured or suffering. The medical personnel may remove any participant from the event if in the opinion of the medical personnel the participant needs to be removed.
7. Participants must be physically able to complete the course and all obstacles to be considered a race finisher and qualify for prizes.
8. Participants must be 14 years-old or older on race day in order to participate. Parent or legal guardian must sign the waiver excepting responsibility for the minor if under the age of 18.
9. Participants must wear the provided Combat Mud Run bib or other identifying number clearly shown. No participant will be allowed to race without an official bib or identifying number.
10. Several videographers and photographers are stationed along the course. Participants agree to allow the event producer to use any pictures or video footage of the event for future promotional purposes.
11. Baby joggers, baby strollers, in-line skates, bicycles, skateboards or any other type of wheeled device are strictly prohibited on the course.
12. Any participant who disobeys course official instructions may be disqualified and/or removed from the race at the discretion of the course official and race director. Violations include unsportsmanlike behavior, offensive language and conduct, nudity, improper or irresponsible behavior.

Signature & Date

13. Urinating or defecating on or anywhere near the course is strictly prohibited.
14. Registration is closed when the maximum capacity is reached.
15. The event producers Step Up For Soldiers reserve the right to cancel or delay the race due to severe weather or in the event of a disaster.
16. Event officials reserve the right to modify any event rule at any time for any reason. Participants shall be responsible for knowing any modification to the Combat Mud Run rules published prior to the event.
17. Combat Mud Run registration fees are non-refundable, no exceptions.
18. We strongly recommend shoes or leather boots, as there may be sharp objects on the course. Run barefoot at your own risk.
19. If a participant chooses to leave the course, they may not return without the express permission of the race director.
20. Any participant caught cheating, or skipping sections of the course is subject to disqualification.
21. Non-participants are prohibited from entering the course, unless they have written approval from event officials.
22. Spectators and competitors are forbidden from bringing alcoholic beverages onto the property. Beer will be sold onsite to individuals over 21 years of age on race day.
23. The National Guard Facility is rented to Step Up for Soldiers and cannot be held liable for any reason.

I have the ability to understand and acknowledge the rules stated above. I agree to all the rules and have no right to bring any charges or legal actions against anyone associated with the Step Up for Soldiers Combat Mud Run event or the North Carolina Army National Guard.

Print Name (Last, First MI)
Competitor

Signature & Date

Print Name (Last, First MI)
Guardian

Signature & Date



WAIVER AND RELEASE OF LIABILITY

In anticipation of participating in the **STEP UP FOR SOLDIERS** MUD RUN scheduled for April 14, 2012, I know that running a mud run is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I have read the rules and agree to abide by any decision of a race official relative to my ability to safely complete this run. I assume all risks associated with running this race, including but not limited to, falls, contact with other participants, snakes, wild animals, the effects of the weather, including the high heat and humidity, cold, wind, ice, traffic, and other conditions of the road and trail; 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 STEP UP FOR SOLDIERS, North Carolina National Guard and all other sponsors, agents, employees, officers, directors, and volunteers working for STEP UP FOR SOLDIERS. I understand that if the race must be cancelled due to circumstances beyond the control of the race directors, entry fees cannot be refunded. I signing this Waiver and Release, I understand that I may be giving up certain rights.

This ___ day of _____, 2012

PARTICIPANT SIGNATURE