



Sierra-Cascade Adventure Racing Sports	
Registration Form	
First Name	
Last Name	
Address	
City/State/Zip Code	
Phone Number	
Email	
Gender	
Birth Date	
Age	
Event Name & Distance	
Emergency Contact	
T Shirt Size	
Mail Checks To	SCAR Sports P.O. Box 1342 West Sacramento, CA 95691

IMPORTANT INFORMATION AND WARNING OF RISK

Sierra-Cascade Adventure Racing Sports is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. Sierra-Cascade Adventure Racing Sports continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in running and bicycling events. You (the "Participant") are solely responsible for determining if you or your minor child/ward is physically fit and/or adequately skilled for participation in any event directed by Sierra-Cascade Adventure Racing Sports. It is always necessary, especially if the Participant is pregnant, disabled in any way, or recently suffered an illness, injury, or impairment, to consult a physician before undertaking any physical activity. You are also solely responsible for selecting and wearing personal protective equipment. Please recognize that trails are used and intended for multiple use and may have surface irregularities and other hazards that pose safety risks to runners or bicyclist. Prior to the event, all Participants should familiarize themselves with the event route, paying close attention to surface irregularities and other potential dangers.

Participants should also familiarize themselves with traffic patterns, check points, and all first aid and water stations. Running and walking are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. The very nature of trail racing is hazardous and risky, including but not limited to overexertion, dehydration, slip and falls, collisions with other participants, the effects of weather, dangerous conditions of the trail, being struck by a vehicle, bicycle, equestrians and other trail users, lack of good physical conditioning, poor training technique, and all other circumstances inherent in running and bicycling trail events. In this regard, it must be recognized that it is impossible for Sierra-Cascade Adventure Racing Sports to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this event, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss, including death, which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this running or bicycling event. I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree, as a condition of my and/or my minor child's participation in the running or bicycling event, to assume the full risk of any injuries, costs, damages or losses, regardless of severity, that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this running or bicycling event. I agree to waive and relinquish all claims, specifically including those for any injury (including death), costs, damages and/or losses arising out of or otherwise incidental to participation in running or bicycling event, that I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this activity, against Sierra-Cascade Adventure Racing Sports including its officers, officials, agents, sponsors, partners, employees, representatives, volunteers and servants, (both individually and collectively) (hereinafter collectively referred to as "SCAR Sports"). On behalf of myself and/or the minor identified above, and on behalf of my or my minor's respective heirs, executors, administrators, and assigns, I do hereby fully release and forever discharge the SCAR Sports from and against any and all claims for injuries, damages or loss, including death, that my minor child/ward or I may have or which may accrue to me or my minor child/ward, and arising out of, connected with, or in any way associated with this running or bicycling event. This waiver and release shall apply to any and all actions, causes, damages, claims, or demands of every kind, whether known or unknown, arising out of or otherwise incidental to participation in the running or bicycling event. On behalf of myself and/or the minor identified above, I hereby agree to indemnify, hold harmless, and defend SCAR Sports from and against any and all liability or claims for loss, damage, or injury to person or property, or of any other kind, whether known or unknown, including the Participant's person and property and including claims for attorney's fees, arising out of or otherwise incidental to Participant's participation in the running or bicycling event. While participating in this running or bicycling event, Participant agrees to obey all rules, regulations, and laws of the United States, its subdivisions, and the locations visited. Participant agrees to obey all rules, regulations and policies of the SCAR Sports, including any Rules issued with respect to the running or bicycling event and/or any institutions or organizations associated therewith. Participant agrees that his/her violation of the above rules, regulations, laws or policies (as determined in the sole discretion of any SCAR Sports representative) may result in the Participant's immediate expulsion from the running or bicycling event. I further agree that this Waiver and Release shall be governed by the State of California.

I have read and fully understand the above "Important Information and Warning of Risk", "Waiver and Release of All Claims and Assumption of Risk", and their indemnification provisions. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature. Participant represents that she/he is executing this agreement voluntarily.

THIS DOCUMENT RELIEVES THE TOWN AND OTHERS FROM LIABILITY FOR PERSONAL INJURY, WRONGFUL DEATH AND PROPERTY DAMAGE CAUSED BY NEGLIGENCE. I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN VOLUNTARILY.

Name _____ Signature _____ Date _____