

# Swan Crest 50k

## Waiver of release and liability.

### Emergency contact and medical info.

**An unsupported run along the crest of Montana's southern Swan Mountain Range,  
11,000' of climbing & 11,000' of down on single track trails. Sept 4, 2011**

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ St.: \_\_\_\_\_

Zip Code: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Female: \_\_\_\_\_ Male: \_\_\_\_\_ Age on race day: \_\_\_\_\_

Emergency contact and phone number: \_\_\_\_\_

Medical conditions and/or allergies: \_\_\_\_\_

We are not the leaders of the Swan Crest 57k trail run, but are merely advising you of an opportunity to participate with others who may or may not be runners of the above mentioned trail run. Although we are familiar with this trail, that means nothing. It may be dark, cold, wet, snowing, raining, muddy, hot, freezing, windy, there may be mosquitoes, biting horse flies, black bears, mountain lions and grizzly bears, with the added possible thrill of an electrical storm(s) during the run, and the only fun may be seeing others suffer. Any photos taken during the event may be published or shared with others regardless of how they make you appear. We are not insured nor do we carry any insurance for losses, injuries (mental or physical) or deaths that may occur as a result of or while you are participating in this run. We are not proficient at reading, map reading or navigation or the use of any navigational gizmos or gadgets. We are not strong enough or brave enough to defend or protect ourselves or anyone else from potential attack from wild or domesticated animals. Although we may carry bear spray, we have not been trained in its use and you may be inadvertently sprayed. We are not proficient in backcountry survival. We can and only will carry enough food, water, clothing and emergency survival gear for our own needs. We are not responsible for anything our dog(s) may do to you including allergic reactions, tripping you, clawing you or biting you. We do not carry any radios, telephones or any other communication devices that might enable you to summon assistance or be rescued. The people who will be running with you may be hazardous to your health. The trails we will be running on will be hazardous to your health. You will be exposed to other hazards - natural, unnatural, supernatural, and any combination thereof, and your participation in this run is purely and wholly voluntary and at your own discretion and risk. You are responsible for your own health and well-being, you are over the age of 18 and of sound mind and body. You are a superbly conditioned athlete capable of feats that most mortals would not consider. The location, distances, times, directions, elevations, trail conditions, water crossings and any other descriptions of pertinent details about this run are estimates only and may or may not be real, factual or in any way correct.

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 all race officials and agents, all 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.

Signed \_\_\_\_\_ Date \_\_\_\_\_