**Waiver Runners (18+)**

In consideration of my entry I, for myself, my executors, administrators and assignees, hereby release and discharge CASA of Baltimore County, Inc., Hereford High School, and all other sponsors and volunteers of all claims of damages, demands, or actions whatsoever in any manner arising from my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature:

Date:

**Waiver: Guardian (for runners under 18)**

In consideration of my entry I, on behalf of runner who is under 18 years of age, hereby release and discharge CASA of Baltimore County, Inc., Hereford High School, and all other sponsors and volunteers of all claims of damages, demands, or actions whatsoever in any manner arising from my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Participant Name:

Guardian Signature:

Date: