



**MOUNTAINS TO SOUND RELAY RELEASE FORM 2019**

Every blank is important!! Please include Captains Name

Print, sign, scan and email PH 206 633-1121 [info@mountainstosound.com](mailto:info@mountainstosound.com)

**RELEASE OF LIABILITY AND OF ALL CLAIMS (PLEASE READ CAREFULLY)**

I understand that participating in a multi sport relay race is a hazardous activity that could result in serious injury to me, or even my death. I understand that these events take place in mountainous terrain where there are dangers related to severe and unpredictable weather conditions, steep terrain, and unmarked hazards as well as public roads, highways and city streets open to traffic. I HEREBY ASSUME ALL RISKS OF PARTICIPATING IN MOUNTAINS TO SOUND RELAY. I accept my responsibility to act safely at all times.

**In return for allowing me to participate in The Mountains to Sound Relay,**

I, \_\_\_\_\_, Hereby take action for myself, my executors, administrators, heirs, next of kin, and successors and assigns and WAIVE, RELEASE, DISCHARGE AND AGREE NOT TO SUE for any and all liabilities, including my death, disability, personal injury, property damage, property theft, or claims of any kind which may hereafter accrue to me as a result of my participation in, or my traveling to or from the Mountains to Sound Relay. In this General RELEASE I realize that I am releasing claims of all kinds including, but not limited to, those resulting from any of the conditions listed in the first paragraph of this RELEASE and including claims resulting from collision with other participants, spectators, or equipment on the race course or public roads and claims resulting from poor road conditions. This RELEASE does not apply to gross negligence or intentional acts. I recognize as part of my participation in the Mountain to Sound Relay that I have a choice to receive injury screening or consultation with a physical therapist or ATC. I consent to any advice, treatment or assistance that they provide if I so choose to receive their services

This RELEASE applies to the following persons and entities: CityLeague Sports, Inc. Ski Lifts, Inc., The U.S. Forest Service, City of Seattle, Wa. State Parks Dept, Mountains to Sound Greenway Trust, Seattle Running Company, Seattle Running Club, Olympic Physical Therapy and REI. This RELEASE applies further to all other event sponsors, and co-sponsors, race directors, event producer and event volunteers and employees.

I hereby certify that I am 15 years old or older, that I am physically fit and that I have trained sufficiently to participate in this event.

If I am signing on behalf of a **minor**, I recognize that I may not release any claims the minor may have. However, I accept full responsibility of all medical expenses incurred as a result of the minor's participation in or travel to and from the Mountains to Sound Relay event. I also agree to RELEASE, HOLD HARMLESS and INDEMNIFY CityLeague Sports, Inc for any claims brought by the minor.

**I have read the forgoing RELEASE AND WAIVER OF ALL CLAIMS, and I understand its contents.**

Iron Solo \_\_\_ Pairs Team Member \_\_\_ Team or Captains Name \_\_\_\_\_

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

Printed Name \_\_\_\_\_ Captains Name \_\_\_\_\_

Signature of Parent/guardian if under 18: \_\_\_\_\_

Use any of these forms of return:

**Mail to CityLeague Sports 941 NE Boat Street Seattle Wa 98105**  
**Fax to CityLeague Sports 206 632 2513 fax if unable to scan and send.**  
**Sign, scan and email to [info@mountainstosound.com](mailto:info@mountainstosound.com)**