



I assume all risks associated with participating in the event. I, for myself, my heirs, assigns or anyone entitled to act on my behalf, waive and release the Parkway Running Club and its officers and members, the YMCA of Boston, USA Track and Field, race sponsors, organizers, officials and volunteers, their representatives and successors, from any and 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 persons or entities named in this waiver.