

UncommonVCU Virtual 5K Waiver and Release of Liability

By registering for and participating in the UncommonVCU Virtual 5K (“Event”), I acknowledge and agree to the following:

1. Voluntary Participation

I understand that participation in this Event is entirely voluntary and that I am solely responsible for determining my physical ability and readiness to participate.

2. Assumption of Risk

I acknowledge that running, walking, or engaging in physical activity carries inherent risks, including but not limited to injury, illness, or accidents. I voluntarily assume all risks associated with my participation, regardless of location, terrain, weather, or personal health conditions.

3. Release and Waiver

I hereby release and hold harmless UncommonVCU, its organizers, volunteers, affiliates, and sponsors from any and all claims, liabilities, or causes of action arising out of or related to my participation in the Event. This includes, but is not limited to, claims for personal injury, property damage, or wrongful death.

4. Medical Responsibility

I understand that no medical services or supervision will be provided by UncommonVCU. I am responsible for my own health and safety during the Event and agree to seek medical attention if needed.

5. Non-Affiliation with VCU Athletics

I acknowledge that UncommonVCU is an independent booster site and is not affiliated with Virginia Commonwealth University Athletics or any official university programs.

6. Photo/Media Release

I grant permission to UncommonVCU to use any photographs, videos, or social media content I voluntarily share related to the Event for promotional purposes.

By participating in the Event, I confirm that I have read, understood, and agreed to this waiver and release of liability.