

2020 TERRI ROEMER PARAMUS RUN RULES AND WAIVER

ALL RULES MUST BE FOLLOWED. THE RACE DIRECTOR AND TIMING COMPANY RESERVE THE RIGHT TO DISQUALIFY ANYONE NOT FOLLOWING THE RULES.

- All runners are required to wear a mask/face covering before and after the race. Race staff will wear masks at all times.
- ONLINE REGISTRATION ONLY. NO RACE DAY REGISTRATION.
- Runners are encouraged to pick up their packets before race day. *Please visit www.paramusrun.com for pick-up location and up-to-date information.* Race packet with runner's name will include bib, pins, and long-sleeve t-shirt. Onsite check-in will be available on Race Day. Check-in lines will be marked at six-foot intervals.
- WATER WILL NOT BE PROVIDED. Please bring your own. Trash receptacles will be located along the course and before and after the race. Please don't litter.
- Hand sanitizer must be utilized in portable toilets and after use. Mask/face covering required. Six-foot spacing in waiting lines.
- YOUR PROJECTED, APPROXIMATE FINISH TIME IS REQUIRED WHEN REGISTERING. Runners will start every 5-10 seconds, four or five at a time. Lowest bib numbers go first. Lines and runners will be six feet apart. *If you have immediate family members that live with you, up to five can start together. Runners will be asked to adhere to a "no drafting" rule (i.e. runners must maintain a six-foot separation from other runners when passing.)*
- Net chip time will be used to score, not gun time.
- Runners must leave the finish line area as soon as possible. No congregating in groups before or after the race. You must wear a mask/face covering after the race.
- Results will be available after the race, online only. No paper results will be printed. Visit www.paramusrun.com or www.compuscore.com for results.
- Race will be capped at 400 registrants total. NO EXCEPTIONS.
- *The 2020 Terri Roemer Paramus Run is not a USATF-sanctioned event, nor does it have Grand Prix status. Course is accurately measured.*

Rules subject to change. Please visit www.paramusrun.com for the most up-to-date information and for any last-minute changes or announcements.

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I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature or by my checking the 'I agree to the Event Waiver' checkbox, I certify that I am medically able to perform this event, am in good health and properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event including the potential contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

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 The Terri Roemer Paramus Run, the Borough of Paramus, Paramus Recreation Commission, Paramus Board of Education, Paramus Volunteer Ambulance Corps, Paramus Shade Tree and Parks Commission, Paramus Police Department, Paramus Park Shopping Center, General Growth Management, Fairfield Inn & Suites, Bonefish Grill, CompuScore Services LLC, On Your Mark Productions, their staff, officers, volunteers, successors and assigns, all event 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. In addition, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver or by my checking the 'I agree to the Event Waiver' checkbox, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Please visit www.paramusrun.com for the most up-to-date information and for any last-minute changes or announcements.