

Disclaimer:

Anyone who first suggests/posts a run is not necessarily a leader and may have no leadership skills, on trails or otherwise, whatsoever. They are merely advising of an opportunity to participate with others who may or may not be trained trail runners in a "trail run". Although they may be familiar with the trail, that means nothing.

It may be dark, cold, wet, muddy, hot, freezing and windy during the run and the only fun may be in seeing others suffer.

Any photos taken during the run may be published or shared with others regardless of how they make you appear.

We may or may not hold personal insurance for our homes, cars, and lives, but we are certainly not insured as a group for losses, injuries or deaths that may occur as a result of or whilst you are participating in any trail runs.

Do not assume any trail runner is proficient at map reading or other navigation, even if they are wearing a navigational gadget on their wrist. Trail runners usually have weak arms and should not be relied on to be strong enough or brave enough to defend or protect themselves or anyone else from potential attack from wild or domesticated animals. Although we may carry a compression bandage and plasters, we have not necessarily been trained in first aid and snake bite treatment. Do not think that by joining us, we are proficient in bush survival or know what plants and grubs are safe to eat. We can and will only carry enough food, water, clothing, or lighting for our own needs.

We may or may not be carrying a radio, telephone or other communication device that may or may not enable you to summon assistance or be rescued. The people who will be running with you may be hazardous to your health. The trails we will be running on may be hazardous to your health. You will be exposed to other hazards - natural, unnatural, supernatural or any combination thereof, and your participation in any run is wholly voluntary and at your own discretion and risk. You are responsible for your own health and well-being. You are over the age of 18 and of sound mind and body. You are a superbly conditioned athlete capable of feats that most mortals would not consider. The location, distances, times, directions, elevations, trail conditions, water crossings and any pertinent details about any runs are estimates only and may or may not be real, factual or in any way correct.

You, regardless of having read or not read this disclaimer, agree that by showing up for a run, you acknowledge, accept, and consent to of all of the above risks, terms and conditions. And any others not mentioned.