



T&Cs for Night Run – “in your area”

The Croí Night Run is open to participants of all fitness levels – feel free to walk, jog or run! However, it is your responsibility to ensure you are physically fit and medically able to participate. (Participants under the age of 18 must have permission from a parent or legal guardian.)

All Official Croí Night Runs, as listed on our website, are covered by our insurance, however we cannot insure unofficial runs/walks, activities or locations that have not been approved by Croí.

For those of you taking part in your own area, please ensure there is adequate lighting, that walkways or paths are safe and secure, that you do not engage in high-risk activities, that you have the proper equipment for the activity you are taking on, and that you check weather conditions before your activity. You can run or walk at night to embrace the spirit of the event, but it is not mandatory.

Safety

- Please chose a safe, well-lit route – familiar paths, running tracks or trails.
- Wear high-visibility or reflective clothing and use a headlamp or flashlight.
- Avoid running alone if possible and let someone know your route and estimated finish time.
- Obey all traffic laws and always be aware of your surroundings.

Sharing Your Experience

Participants are encouraged to share photos or videos of their run on social media and tag us @croiheartstroke. By doing so, you consent to Croí using your images for promotional purposes.

Disclaimer of Liability

Participation is entirely at your own risk.

By choosing to take part, you acknowledge and agree to the following:

- I am participating at my own risk, and I am responsible for your own safety and well-being throughout the event.
- I can confirm that I am physically fit and medically able to participate.
- I will ensure there is adequate lighting, that walkways or paths are safe and secure, that you do not engage in high-risk activities
- I will wear high-visibility clothing, bring a flashlight/headlamp, and follow all road safety guidelines.
- Croí and Benecol not liable for any injury, loss, or damage sustained before, during, or after the event.
- This event is not covered by public liability insurance.

Data Protection

Your personal data will be handled in accordance with GDPR and Croí's Privacy Policy. Information collected will only be used for event administration and communication unless you opt-in for further updates.