5K Race Waiver and Release of Liability

Release of Liability, Waiver of Claims and Assumption of Risk

Please read this document carefully before signing. It affects your legal rights.

In consideration of being allowed to take part in participation in the 5K run or walk and related events, including packet pickup, warm-ups, the course, aid stations and post-race activities provided by [Your Business Name] (the "Company"), including its owners, employees, contractors, volunteers and agents, I, the undersigned participant, agree to the following.

1. Assumption of risk

I understand that this activity involves inherent risks that cannot be eliminated, even when reasonable care is taken. These risks include, but are not limited to:

- Heat illness, dehydration and overexertion
- Heart-related events during exertion
- Trips and falls on uneven roads, curbs and trails
- Collisions with other runners, strollers or spectators
- Traffic hazards on or near the course
- Weather such as heat, cold, rain or lightning
- Muscle, joint and foot injuries

I understand that these risks can lead to property damage, serious injury, illness, permanent disability or death. I knowingly and voluntarily accept all of these risks, both known and unknown.

2. My responsibilities

I agree to follow all instructions given by the Company, including these rules:

- Stay on the marked course and follow the directions of course marshals
- Wear your race bib on the front of your body where it can be seen
- Do not wear headphones at a volume that stops you hearing instructions
- Line up in the starting area that matches your expected pace
- Stop and seek help from course staff if you feel unwell

I confirm that I am physically and mentally able to take part, and I will stop and tell staff right away if I feel unwell or unsafe.

3. Release and waiver

To the fullest extent permitted by law, I release, waive and discharge the Company from any and all claims, demands and liability for injury, illness, death, or loss of or damage to property arising from my participation, including claims arising from the ordinary negligence of the Company.

4. Indemnification

I agree to indemnify and hold harmless the Company from any loss, liability, damage or cost, including reasonable legal fees, that it may incur because of my participation or my actions.

5. Medical treatment

I authorize the Company to obtain emergency medical treatment for me if I am unable to consent. I agree to pay all costs of that treatment and transport.

6. Photos and video

I allow the Company to use photos and videos taken during the activity, which may include me, for marketing without

payment. I can opt out at any time by telling the Company in writing.

7. Minors

If I am signing on behalf of a minor, I confirm that I am the minor's parent or legal guardian, and I agree to all terms of this document on the minor's behalf and on my own behalf.

8. General

This document is intended to be as broad and inclusive as permitted by the law of the place where the activity takes place. If any part is found invalid, the rest remains in full force. I have read this document, I understand it, and I sign it voluntarily.

_____

Participant full name

_____

Date of birth

_____

Parent/guardian name (if participant is a minor)

_____

Signature

_____

Date

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