

WAIVER

I understand that running and/or walking are strenuous and potentially dangerous activities.

I am fully aware of and assume all risks associated with this event including but not limited to: great physical stress, falls, contact with other runners, spectators or obstacles, adverse weather and road conditions, and the presence of vehicular traffic on the race course.

I fully assume responsibility for my own safety (including proper training, stretching, and hydrating) while participating in this event and verify that I am physically able to join the event.

Having read this waiver, I release all persons associated directly and indirectly with the conduct of the event from all claims, demands and proceedings arising out of my participation and I hereby indemnify them against all liability, for all injury, loss or damage arising out of or connected with my participation in this event.

This release shall extend to and include: the organizers of the event and their associates, including promoters, marshalls, volunteers and all people connected with the Organizers.

I consent to receive any medical treatment if needed during or after the event as long within the proximity of the event place.

I consent the Organizers to use my name, image, photos taken during and after the event. I am fully responsible for the security of my personal belongings at the event.

I understand that my registration fee is non-refundable and non-transferable.

I agree to abide by all rules and directions issued by the event organizers.

I have READ, AGREE AND FULLY UNDERSTAND the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT.