

- I understand that participating in a running Race involves certain risks, including, but not limited to, falls, contact with other participants, the effects of weather, traffic, conditions of the road, the possible reckless conduct of other participants, including the potential the contraction of a communicable disease resulting from contact with other participants/members, volunteers, race personnel, contract service providers, employees, and spectators, and other risks, known and unknown, which may result in property damage, serious personal injury/illness, or death. All stresses and hazards associated with this activity cannot be foreseen. I am voluntarily participating in the Race with knowledge of dangers involved and hereby agree to accept any and all inherent risks or property damage, personal injury/illness, or death. I am participating in the Race at my own risk and I am aware and understand that I am responsible for my own safety.

- I certify as a material condition to my being permitted to enter this Race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed health care provider.

- I understand and agree that organizers are not responsible for any loss of property, injury/illness or death which may occur at the Race, wherever, whenever or however the same may occur, including owing to ordinary negligence on the part of organizers, with other participants, volunteers, race personnel, contract service providers, directors, officers, employees, and spectators, and I assume full responsibility for any such injuries/illnesses, damages or losses that may occur at the Race.

- I know that running in an event that is organized or converted as a virtual activity where I run on my own, at a date and time of my choosing, in a location and running route of my choosing, which will not have any support or security measures in place by organizers is a potentially hazardous activity, which could result in injury or death. I acknowledge that I am participating in the activity outlined by this

virtual event by my own free will and at my own personal risk. I agree to follow all pedestrian safety ordinances including running on a sidewalk where available and not in the road. I agree to follow the rules of the road if no sidewalk or multi-use trail is available, and I will run against oncoming traffic and not with traffic.

- I understand and acknowledge that organizers have no duty to provide me with medical treatment. I further understand and agree that I am financially responsible for any medical treatment that I may receive before, during or after the Race, and I hereby release organizers, and its agents, directors, officers, volunteers, and employees from any liability, financial or otherwise, for any such medical treatment that I may receive.

- I grant consent that any and all photographed and/or filmed material can be published, used and emitted publicly and otherwise used for the purpose of promotional activities.

- Having read and understand agree to the contents of the above release and waiver, I affirm that I am of legal age (or a parent or adult guardian for all children under 18 years) to sign this document and I am signing it voluntarily and without inducement.