

RELEASE AND WAIVER FOR PARTICIPATION IN FRIENDS HOUSE 5K RUN

I, \_\_\_\_\_, desire to voluntarily participate in the 5K Run being held at Friends House Retirement Community on October 6, 2018. The Run will be conducted rain or shine and is on a trail run exclusively within the property of Friends House and Sandy Spring Friends School; the Run will not involve any state or county roads open to the public. I understand that the trails are not all paved and may involve some uneven surfaces, which may be potentially hazardous. I also understand that participation is entirely voluntary and involves potentially physically exerting activities that may possibly cause injuries to me. In addition, I understand that certain signs and symptoms during running/exercise should be cause for immediate discontinuance of the activity and may adversely affect my health. I fully understand and acknowledge that there are risks associated with running and exercising, especially outdoors, and that I may injure myself, or be injured, as a result of my participation in this 5k Run. I therefore understand and agree that I am assuming any and all such risks associated with participation in this activity.

Accordingly, I hereby release, discharge and hold harmless Friends House Retirement Community, and its officers, directors, department heads, employees, agents, successors and assigns from any and all liability, damages or causes of action directly or indirectly arising from or connected to my participation in the 5k Run now or in the future. I fully assume any and all risks of personal injury, illness, or damages to my person, including without limitation, any loss or theft of any personal property, as a result of engaging in this activity. I also waive any such rights that my personal representatives, heirs, next of kin or assigns may have on my behalf now or in the future.

I have read and understand all the information contained in this Form. All of my questions regarding this Form have been answered to my satisfaction. I hereby consent to participate in the 5k Run by signing this Release and Waiver Form where indicated below.

PRINT NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_