

**Asha for Education – Asha Florida chapter**  
**Gate River Run 15k Run/Walk, Jacksonville – March 9<sup>th</sup>, 2019**

WAIVER AND RELEASE FROM LIABILITY

In connection with participation in the Gate River Run 15k Run/Walk via association with Asha for Education (hereafter referred to only as 'Asha'), the undersigned agrees to the following:

1. Voluntary Participation: I acknowledge that I have voluntarily registered for Gate River Run 2019 on March 9 in Jacksonville, FL to run and/or walk the 15k distance. I certify that I am in good health and fully capable of participating in the 15k Run/Walk and acknowledge that I have been notified that I should not participate in the 15k race unless I am medically able and fit to do so.

2. Publicity Waiver: I hereby grant permission to Asha and its Florida chapter to use any photographs, motion pictures, recordings or any account of this running event for any legitimate purposes and verify this statement.

3. Assumption of Risk: I AM AWARE THAT PARTICIPATION IN 15k RUN/WALK INCLUDING THE TRAINING ENTAILS RISKS, INCLUDING BUT NOT LIMITED TO, THE POSSIBILITY OF SLIPS AND FALLS, SCRAPES, TWISTS AND JOLTS THAT COULD RESULT IN SCRATCHES, BRUISES, CONTACT WITH OTHER PARTICIPANTS, EFFECTS OF WEATHER, TRAFFIC AND COURSE CONDITIONS, SPRAINS, LACERATIONS, FRACTURES, CONCUSSIONS, OR IN EXTREME CASES, EVEN DEATH. I AM VOLUNTARILY PARTICIPATING IN THIS ACTIVITY WITH FULL KNOWLEDGE OF THE DANGERS INVOLVED, AND AGREE TO ACCEPT ANY AND ALL RISKS INCLUDING INJURY OR DEATH.

4. Affiliates: Asha's Affiliates include all its officer bearers, directors, administrators, volunteers, contractors, agents, successors, predecessors, subsidiaries, assignees and Team Asha coaches and coordinators.

5. Health & Nutrition Information: I understand that any health-, training- or nutrition-related information given by Asha or its affiliates should not be construed as medical advice and I will consult with my personal physician before acting upon any such information.

6. Release: I hereby agree that I, my assignees, heirs, distributes, guardians, family members, relatives and legal representatives fully indemnify and will not make a claim against, sue, or attach the property of Asha or any of its Affiliates for injury or damage resulting from any acts of Asha or its Affiliates in connection with my training for and participation in the 15k race in Jacksonville on March 9, 2019, even though the liability may arise from the negligence or carelessness on the part of persons named in this agreement in item #4. I hereby release Asha and the Affiliates from all actions, claims, demands or lawsuits that I, my assignees, heirs, distributes, guardians, family members, relatives and legal representatives now have or may hereafter have against any injury or damage resulting from my training for and participation in the 15k Run/Walk.

7. Knowing and Voluntary Execution: I HAVE CAREFULLY READ THIS ENTIRE WAIVER-RELEASE AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS DOCUMENT IS A RELEASE OF LIABILITY AND A WAIVER OF LEGAL RIGHTS FROM ME TOWARDS Asha; AND I SIGN IT OF MY OWN FREE WILL.

8. I acknowledge that my email address and/or mailing address as well as contact #s, photos and other details may be shared with supporters, donors and well-wishers of Asha's 15k Run/Walk for promotional purposes.

By signing this form, I agree to all the terms and conditions as mentioned above.

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Participant's Name

Participant's Signature

Date: