

Runner No.: \_\_\_\_\_



### Release and Waiver of Liability Form

**LIABILITY RELEASE:** I hereby release and forever discharge and hold harmless Grace-In-Motion, Inc., (“GIM”), and its directors, officers, agents assisting with the event, sponsors and their representatives, and volunteers from any and all liability, claims, and demands of whatever kind of nature, either in law or in equity, which arise or may hereafter arise from the 2019 5K/10K Run For the Kids and/or the Children’s Race. This release includes all injuries and/or damages suffered by me before, during or after the event, including any bodily injury, personal injury, illness, death, or property damage that may result from participation in the race. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. 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 a licensed Medical Doctor has verified my physical condition.

**MEDICAL TREATMENT:** I hereby release and forever discharge GIM, its directors, officers, agents assisting with the event, sponsors and their representatives, and volunteers from any claim whatsoever which arises or may hereafter arise on account of any first-aid treatment or other medical services rendered in connection with an emergency during my participation.

**PHOTO/VIDEO RELEASE:** I GRANT permission to for any and all photographs, images, video or audio recordings of me of this event to be published on public websites, other media or publications for legitimate purposes.

By signing below, I (or a parent or adult guardian for all children under 18 years) express my understanding and intent to enter into this Release and Waiver of Liability willingly and voluntarily.

\_\_\_\_\_  
Name (PRINT)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent or Guardian Signature (if minor)

\_\_\_\_\_  
Emergency Contact

\_\_\_\_\_  
Phone Number