



Lunar New Year 5K

Sunday, February 26, 2017
Shoreline Interurban Trail

WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in International Community Health Services' (ICHS') 5K Run/Walk, the undersigned acknowledges and agrees that:

1. There is an inherent risk of injury from the activities involved in running in a 5K.
2. I knowingly and freely assume all such risks, including, but not limited to, falls, contact with other participants, weather-related effects and other hazards, both known and unknown, and even if arising from the negligence of the releases or others, assume full responsibility for my participation.
3. I willingly agree to follow the event rules and abide by the decisions of event officials relating to my participation and I willingly agree to abide by the rules pertaining to Mercer Slough Nature Park.
4. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest event official immediately.
5. I, hereby release and hold harmless ICHS and its directors, officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, and advertisers with respect to any and all injury, disability, or loss or damage to person or property arising out of my participation in this event.
6. The registration or entry fee is non-refundable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND AGREE TO IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT ON BEHALF OF MYSELF OR MY MINOR CHILD IF APPLICABLE.

Name

Name of parent or guardian

Signature

Date