

## **Assumption of Risk, Hold Harmless and Indemnity Agreement**

### **Dickinson College Run for Steph 5K Run / 2 mile Walk 2019**

#### **Assumption of Risk**

I am about to run/walk a road race. I know that running/walking a road race is a potentially hazardous activity. There are risks that include, but are not limited to, falls, sprains, strains, broken bones, heat-related illness, heart attack, contact with other participants, effects of weather, traffic, and road conditions. I understand that this run/walk will take place on roads that remain open to vehicular traffic. I realize that it is not possible to list specifically each and every risk. I will not enter or participate in the race unless I am medically able and properly trained. I agree to abide by any directions and decisions of race officials.

However, knowing the material risks and appreciating, knowing and reasonably anticipating that injuries and even death are possible, I hereby expressly assume all of the risks of injury or death that could occur by reason of my participation in the race.

#### **Hold Harmless and Indemnity**

In exchange for and in consideration of the permission being granted to me to participate in the race, I release and hold harmless Dickinson College, its trustees, officers, employees, agents and representatives, from any and all liability, actions, causes of action, negligence, debts, claims, or demands of any kind and nature whatsoever including, but not limited to, claims for negligence, recklessness or any other form of action for which a release may be legally given (including attorneys' fees and costs) which may arise by or in connection with my participation in any activities related to the race.

#### **Rules of Participation**

I understand that while participating in the race, I must follow the instructions and directions provided by race personnel. My failure to follow instructions or directions may result in my immediate expulsion from the race.

**I have read the Assumption of Risk, Hold Harmless and Indemnity Agreement and expressly and knowingly agree to its terms.**

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Name of Participant (print)

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Signature of Participant (or parent/guardian if participant is under 18 years of age)