Grace and Pace, LLC

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Grace and Pace Program Waiver

I understand that training to run a 5K, 10K, Half Marathon or any race has inherent risks and is potentially hazardous activity, which could cause injury or death. I hereby assume all risk and hazards incident to my participation in all Grace and Pace trainings, including but not limited to all risks associated with running including falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me.

I will not participate unless I am medically able and by my signature, I certify that I am medically able to perform all Grace and Pace trainings and am in good health. I agree to abide by any decision of Grace and Pace LLC and its volunteers relative to any aspect of my participation in all Grace and Pace trainings, including the right of Grace and Pace LLC and its volunteers to deny or suspend my participation for any reason whatsoever. I grant permission to Grace and Pace to use my photographs, motion pictures, recordings or any other record of these trainings for any legitimate purpose.

Having read this waiver and knowing these facts and inconsideration of your accepting my admission, I, for myself and anyone entitled to act on my behalf, waive and release all claims against and, indemnify and hold harmless, Grace and Pace LLC and its volunteers and participants, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name of Participant (Please Print) _____ Signature of Participant _____

Date _____

Address _____ City _____ State _____ Zip _____

Phone Number _____ E-mail _____