

Grit and Run it 5k Walk/Run Event Presented by Live Grit SOARS

Please read and complete the following waiver:

In consideration of being permitted to participate in the Grit and Run it 5k Walk/run event presented by Live Grit (hereinafter "Event"), I, for myself, my heirs, personal representatives and assigns, do hereby release, waive, discharge, and covenant not to sue Live Grit SOARS and Team Live Grit ("Live Grit"), event volunteers, and all sponsors, their representatives and successors and each of their respective parents, subsidiaries and affiliated companies, and all of their respective directors, officers, shareholders, agents and employees (collectively "Releasees") from liability from any and all claims including any personal injury, accidents or illnesses (including death), and property loss arising out of my participation in the Event whether arising from negligence of the Releasees or otherwise.

I further understand and agree as follows:

Assumption of Risks: Participation in the Event carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains to 2) major injuries such as eye injury or loss of sight, joint or back sprains, strains, breaks, concussions, cuts, cardiac arrest, partial or total paralysis, drowning and death. We strongly recommend that you consult your personal physician before participating the Event.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent to the Event. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD the Releasees harmless from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees, resulting from my involvement in the Event.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing this waiver freely and voluntarily, and intend by my signature for this waiver to be a complete and unconditional release of all liability to the greatest extent allowed by law.

In further consideration of my participation in the Event, I hereby grant Live Grit the right to record, broadcast, photograph, and otherwise exploit in any and all media throughout the world my performance in the Event and to use my name, likeness and voice in connection therewith.