

Liquid Gold 5K

Thank you for coming to support Breastfeeding Awareness during World Breastfeeding Week

WAIVER

Northern Nevada Breastfeeding Coalition (NBC). ASSUMPTION OF RISKS, WAIVER AND RELEASE, INDEMNIFICATION AND PARENTAL CONSENT FOR LIQUID GOLD 5K.

ASSUMPTION OF RISKS: I have voluntarily registered for the LIQUID GOLD 5K to participate in the 5k RUN and/or WALK (the "Activities") and I am qualified to participate in such Activities. I am aware that the Activities may involve moderate and/or strenuous physical exertion using various muscle groups, and which may place stress on my heart and cardiovascular system. I acknowledge that the Activities will be conducted in a public outdoor setting with exposure to a wide variety of outdoor elements and conditions. If at any time I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activities. I am aware that the Activities may cause damage to my personal property and/or injury including but not limited to catastrophic injuries such as permanent disability, paralysis and death. I hereby accept any and all such risks (known and unknown) of damage, injury or death and assume responsibility for all losses, costs and damages I incur as a result of my participation in the Activities.

WAIVER AND RELEASE: In consideration for being permitted by the NNBC to participate in the Activities, I hereby agree that I, my assignees, heirs, distributees, guardians, and legal representatives (the "Participant Parties") will not make a claim against, sue, or attach the property of NNBC, any of their respective affiliated organizations, owners, directors, employees, contractors, agents or representatives (the "Parties") for any injury, damage or death resulting from my participation in the Activities or from the negligence or other acts or omissions, howsoever caused, of any of the Parties. I hereby release the Parties from all actions, claims or demands that I or any other Participant Parties now have or may hereafter have for injury or damage resulting from my participation in the Activities.

INDEMNIFICATION: In addition, I will INDEMNIFY and HOLD HARMLESS the Parties from all liability for any loss, damage, or injury to persons or property arising from or relating to my participation in the Activities, including without limitation attorney's fees, expenses and all consequential damages, whether or not resulting from the negligence of any of the Parties.

SEVERABILITY; VENUE: If any term of this Agreement is held to be invalid or unenforceable, I agree that the remainder of this Agreement shall remain valid and enforceable to the fullest extent permitted by law. All disputes arising out of this Agreement shall be subject to the exclusive jurisdiction and venue of the Nevada state courts of Washoe County and I consent to the personal and exclusive jurisdiction and venue of these courts.

ACKNOWLEDGEMENT AND UNDERSTANDING: I HAVE CAREFULLY READ THIS AGREEMENT AND I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND THAT I AM GIVING UP SUBSTANTIAL RIGHTS, INCLUDING MY RIGHT TO SUE. I AM SIGNING THIS AGREEMENT OF MY OWN FREE WILL AND INTEND FOR MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. THIS AGREEMENT IS SUPPLEMENTAL TO, AND DOES NOT REPLACE, ANY OTHER AGREEMENT OF WAIVER, RELEASE AND/OR INDEMNITY THAT I HAVE ENTERED INTO WITH THE NORTHERN NEVADA BREASTFEEDING COALITION.

PARTICIPANT'S SIGNATURE

PRINTED NAME

DATE

I, the minor participant's parent and/or legal guardian, understand the nature of the Activities and the participant's experience and capabilities and believe the participant to be qualified to participate in such

Activities. I hereby assume the risks, waiver and release, covenant not to sue, and agree to indemnify and save and hold harmless the NNBC as set forth above.

PARENT/GUARDIAN SIGNATURE

PRINTED NAME

DATE

List additional minor participants' here. _____
