

## WAIVER AND RELEASE

I know that running, walking, biking, hiking, swimming, or using fitness equipment as part of the Move-it events are a potentially hazardous activities which could cause injury or death. I will not enter and participate unless I am medically able, and by my signature, I certify that I am medically able to perform this event, and am in good health. I agree to abide by any decision of program officials relative to any aspect of my participation in this event, including the right of medical officials to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the program and agree to abide by them. I voluntarily assume all risks associated with my participation in this event, including but not limited to: falls, contact with other participants, the effects of the weather, high heat and/or humidity, traffic and the conditions of parking to attend the race, and all other risks of injury, inconvenience, harm, loss, damage or death, all such risks being known and appreciated by me. I understand that skateboards, roller skates or roller blades, and animals are not allowed during the scheduled walking events and I will abide by all event rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, my heirs, executors, administrators, assigns and personal representatives, and anyone entitled to act on my behalf, waive, release and forever discharge the "Move-it" Program, the Essex National Heritage Commission, Inc., all event sponsors, along with their officers, contractors, employees, agents, representatives and successors from all claims or liabilities of any kind arising out of or connected in any way to my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

As parent/legal guardian of the minor named below, I hereby certify that I have read this Waiver and Release form, that I give my permission for my minor child to participate in Move-it event, and that I agree on behalf of myself and my minor child to the terms of this Waiver and Release.

Name of Minor: \_\_\_\_\_

Parent's Signature if under 18 years: \_\_\_\_\_

Date: \_\_\_\_\_