

## **Disclaimer for Flexitime 5K Fun Run / 2K Walk**

By participating in the Flexitime 5K Fun Run / 2K Walk (the "Event"), organized by Flexitime, Cardio Flourish, Abbeyside Gym, and Abbeyfeale for Axel (collectively, the "Organizers"), you acknowledge and agree to the following terms:

1. **Assumption of Risk:** I understand that participating in the Event involves physical activity which may include risks such as, but not limited to, falls, contact with other participants, effects of weather, traffic, and conditions of the path. I hereby assume all risks of participating in this Event.
2. **Release of Liability:** I hereby release, discharge, and hold harmless the Organizers, their respective owners, directors, officers, employees, volunteers, sponsors, and agents from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me while participating in the Event or in connection with the Event.
3. **Medical Treatment:** I consent to receive medical treatment deemed advisable in the event of injury, accident, and/or illness during the Event.
4. **Fitness to Participate:** I certify that I am physically fit, have sufficiently trained for participation in this Event, and have not been advised otherwise by a qualified medical person.
5. **Photography and Media Release:** I grant permission to the Organizers to use my photograph, video, or other recordings of me that are made during the course of this Event for promotional purposes.
6. **Understanding of Terms:** I acknowledge that I have carefully read this "Disclaimer" and fully understand that it is a release of liability. I agree to voluntarily give up any right that I may otherwise have to bring a legal action against the Organizers for negligence or any other personal injury or property damage or loss action.