

**Assumption of Risk,  
Release from Liability and  
Waiver**

**Whereas**, The Palmetto State O-Run Sponsors and all associated affiliates hereinafter described as the O-Run and

**Whereas**, participating in this event is physically demanding and mentally challenging and is a hazardous activity; and

**Whereas**, the undersigned is fully familiar with the hazards, the potential for injury, illness or damage, and has either previously participated in the race or has read materials describing it or has otherwise evaluated the potential for personal injury and resulting damages and understands that participating is a strenuous event requiring proper physical conditioning; and

**Whereas**, the O-Run is organized in part for charitable and eleemosynary purposes and requires as a condition of participating that the undersigned participant, in consideration of permission to enter this activity, does hereby, for myself, my heirs, executors, administrators, personal representatives, assigns, and anyone entitled to act on my behalf, irrevocably release and forever discharge the O-Run, its officers, agents, servants, and employees; sponsors; South Carolina State Law Enforcement; the owners of the property; promoters; managers; inspectors; officials; volunteers of the race; and any and every other person participating in the race from any and all claims for damages for injury or liability of any kind, illnesses alleged to result from the race, or damages of any and every kind suffered by me as a result of my participating in or travel to or from this event and further agrees to indemnify and hold harmless those released for costs, attorneys fees, or other expenses should I or any person for or on my behalf file a legal action against O-Run or any of those described in this document.

I recognize and acknowledge that running or walking in a race and particularly in this obstacle activity is a potentially hazardous activity. I represent that I am medically able and properly trained and am physically and mentally able to participate in this race.

I agree to abide by any decision of a race official relative to my ability to safely complete the walk or run. I am informed and know of the risks associated with participating in the event, including but not limited to, the effects of weather, contact with other race participants, slipping and falling, traffic, and the conditions of the course. I know, recognize and appreciate these risks, realizing this is a strenuous activity which requires physical conditioning and hereby represent and certify that I am in good health and in physical condition to participate in this event.

I also give permission to the O-Run for the full, free and unconditional use of my name and photograph in connection with this race in any type media, written account, broadcast or telecast of this event from beginning to end for any legitimate purpose.

I understand that the rules require a team of four (4) participating and by execution of this legally binding document, state that I have read and fully understand the conditions of entering and participating in this year's annual Palmetto State O-Run Team Challenge.

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Participant Signature or Parent's Signature (if under Age 18)                      Print Name & Date                      Team Name

**All individual participants under the age of 18 that will not have a parent present at the event MUST have a Notary Public sign below.**

Sworn to and subscribed before me

This \_\_\_\_\_ Day of \_\_\_\_\_, 2010

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Notary Public of South Carolina                      Print Name                      My Commission Expires