

Exercise Activity

Liability Waiver

Exercise involves walking, running, bending, stretching, reaching, stepping, repetitive motion, general bodily exertion and other physical activities in close proximity to other people -- potentially hazardous activities which may include risks such as, but not limited to, falls, strains and sprains, exposure to communicable diseases, exposure to weather related elements, physical exertion and other known or unknown risks. In consideration of being allowed to participate in this event, I hereby expressly assume all risks, including personal injury and death, arising out of my participation in this activity.

I understand and agree it is my responsibility to provide and properly use any equipment deemed necessary for participation, and to ensure that all clothing is appropriate for this event. I am solely responsible for my own health and safety. I represent and warrant that I am physically fit and able to participate in this activity. I agree to stop and request assistance if I experience any symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain or any other conditions