

In order to participate in the event, you must sign the liability release form. If your child (age 18 or younger) is participating in the event, you will also need to sign the release form for your child. You can bring the signed release form(s) the day of the race to expedite your check-in. If you forget the release form, we will have them on hand.

RELEASE: (Must be signed by all participants or by parent/guardian if participant is under age 18). I understand that my consent to these provisions is required if I am going to participate in this Event ("the Event"). I further understand I may be removed from this competition if I do not follow all the rules of this Event. I am a voluntary participant in this Event, and in good physical condition. I know that this Event is a potentially hazardous activity and I hereby voluntarily assume full and complete responsibility for, and the risk of, any injury or accident that may occur during my participation in this Event, or while on the premises of this Event. I, for myself, my next of kin, my minor children that attend, my heirs, administrators, and executors, hereby release and hold harmless and covenant not to file suit against the Sisters of St. Joseph, the St. Joseph of Carondelet Ministries Foundation, the St. Joseph Worker Program, their affiliates and any affiliated organizations or individuals, the City of St. Paul, and any event sponsors and their agents and employees, and all other persons or entities associated with this Event (collectively the "Releasees") for any injury, loss or damages, including but not limited to personal injury or property damage suffered by me or others I might suffer that may arise in connection with or in any manner associated with my participation in this Event or while on the premises of this Event (collectively "Claims"). This release applies to any and all loss, liability, damage suffered by me or others, whether such losses, liabilities or Claims I may have arising out of my participation in this Event, including but not limited to personal injury or damage suffered by me or others, whether such losses, liabilities, or Claims be caused by falls, contact with animals, conditions of the premises of the event, negligence of the Releasees, risks not known to me or not reasonably foreseeable at this time or otherwise. I give my full consent and permission to the Releasees this Event, affiliates and sponsors to make any and all use of any photographs, video tapes, audiotapes or other recordings that are made of me during the course of this Event.

Participant Name (Please print): _____

Participant Signature: _____ Date _____

Parent or Guardian Signature (if participant is under the age of 18). A signature is required.

_____ Date _____