

Hit the Ground Running 5K

Strong Grounds Foundation. Waiver of Liability and Assumption of Risk

By signing below, I acknowledge that I am voluntarily participating in the Hit the Ground Running 5K event organized by Strong Grounds Foundation.

I understand that running and participating in physical activity involves inherent risks, including but not limited to: falls, contact with other participants, effects of weather (including heat and humidity), traffic conditions, and the condition of the course. I acknowledge that these risks may result in serious injury, illness, or even death.

I certify that I am physically fit and have sufficiently trained for participation in this event. I have not been advised otherwise by a qualified medical professional.

In consideration of being permitted to participate, I hereby waive, release, and discharge the Strong Grounds Foundation, its directors, officers, volunteers, sponsors, event staff, and any affiliated organizations from any and all claims, liabilities, damages, or causes of action arising out of or related to my participation in this event.

I grant permission to the Strong Grounds Foundation to use photographs, video recordings, or other media of me taken during the event for promotional and marketing purposes without compensation.

I understand that this event may be postponed or canceled due to weather or other unforeseen circumstances, and that registration fees may be non-refundable.

If I am signing on behalf of a minor, I certify that I am the parent or legal guardian and agree to the above terms on their behalf.

Participant Name: _____

Signature: _____

Date: _____

Emergency Contact Name & Phone: _____

For Participants Under 18:

Parent/Guardian Name: _____

Parent/Guardian Signature: _____