

Name of the Entity (s): Mad Miles Run Club, LLC., YVY Training, and its administrators, and all other persons, firms, employees, guest teachers, corporations, association or partnerships. I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING AND/OR VOLUNTEERING IN THIS ACTIVITY OR EVENT, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault. I certify that I am physically fit, have sufficiently prepared or trained for participation in the activity or event, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity or event. I acknowledge that this Accident Waiver and Release of Liability Form will be used by the holders, sponsors, and organizers of the activity or event in which I may participate, and that it will govern my actions and responsibilities at said activity or event. I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this event. I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity or event, whether caused by the negligence of release or otherwise. I acknowledge that the entity is NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific event or activity. I acknowledge that this activity or event may involve a test of a person's physical and mental limits and may carry with it the potential for death, serious injury, and property loss. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to participants, but are also present for volunteers. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity or event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and assigns. Additionally in following the guidelines, recommendations and prohibitions as outlined by the federal, state and local governments related to the Coronavirus (COVID-19), all participants are required to affirm and consent to the following: I agree to the following regarding COVID-19: • I affirm that I, as well as all household members, do not currently, nor have experienced the symptoms (fever, fatigue, dry cough, and/or difficulty breathing) related to COVID-19 above within the last 14 days. • I affirm that I, as well as all household members, have not been diagnosed with COVID-19 within the past 30 days. • I affirm that I, as well as all household members, have not knowingly been exposed to anyone diagnosed with COVID-19 within the past 30 days. • I affirm that I, as well as all household members, have not traveled outside of the country and/or to any city considered to be a "hot spot" for COVID-19 infections within the past 30-days. • I understand that Mad Miles Run Club, YVY Training, and all other persons, firms, employees, guest teachers, corporations, association or partnerships cannot be held liable for any exposure to the COVID-19 virus caused by misinformation on this form or the health history provided by each client. I CERTIFY THAT I HAVE READ THIS DOCUMENT, AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.