

Run Cando Run!



I, _____ (print name), acknowledge that my participation in the Run Cando Run 5k Walk/Run, involves a risk of injury, including bodily injury, and assume the risk for same. On my own behalf and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release and discharge any Run Cando Run volunteers of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the 5k run and walk.

Signature: _____

Date: _____