WAIVER OF LIABILITY

**August 14th, 2025 Running Clinic and 5K Training Run at the Henry Ford Center for Athletic Medicine (CAM)**

Participation in the Running Clinic/5K Training Run is completely voluntary, and no guarantees of any kind have been made by Henry Ford Health.

I know that running is a potentially hazardous activity. I should not enter and run or participate unless I am medically able. I hereby certify that I am in good health and that I will conduct myself in a safe and prudent manner while participating in the event.

I assume all risks of any injury, harm, loss, cost, inconvenience or other damage that may result from or be connected in any way to the Running Clinic and Training run including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road/running surface; all such risks being known and appreciated by me.

Having carefully read and understood this waiver and knowing these facts, I, the Participant assume any and all risks of injury associated with participation in the Running Clinic and Training Run and agrees not to sue or otherwise attempt to hold Henry Ford Health, its employees, volunteers or agents responsible for any losses or injuries regardless of the cause.

This waiver and release of liability is intended to be a broad as possible subject to any applicable law and to cover any and all claims for injuries or damage regardless of cause.

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Signature of participant:

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Printed name:

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Date: