



## **Virtual Run Like the Wind 5k Disclaimer & Waiver:**

Its purpose is to make you aware of the potential risks connected with activity in any exercise, physical fitness or training program so that you can make an informed decision as to whether or not you should participate in these types of activities.

Injuries of all types can occur when participating in exercise, physical fitness and training programs. Such injuries could include but may not limited to:

- Muscle and tendon soreness or injuries
- Ligament and skeletal injuries
- Bruising or cuts
- Fractured or broken bones
- Difficulty breathing or worsening of asthma or other respiratory disorder
- Concussions
- Heart attack

**If you are experiencing a medical emergency, call 911. If you have medically-related questions regarding your health or whether you should participate in the exercises and activities, please first contact your health care provider.**

DISCLAIMER OF LIABILITY: YOU AGREE YOU ARE PARTICIPATING IN THIS VIRTUAL 5K RUN/WALK AT YOUR OWN RISK. GREENHECK FAN CORP DOES NOT ASSUME ANY LIABILITY OR RESPONSIBILITY FOR ANY LOSS, INJURY OR DAMAGE SUFFERED BY ANY PERSON AS A RESULT OF YOUR PARTICIPATION IN THIS RUN/WALK, AND YOU AGREE TO HOLD HARMLESS AND INDEMNIFY GREENHECK FAN CORP AND ITS REPRESENTATIVES AGAINST ANY CLAIM, EXPENSE, OR COST, INCLUDING LEGAL CHARGES.