



Waiver and Release

In consideration for my being permitted to participate in the Governor's Cup Race event (this "Event"), in Helena, Montana, I agree to the following Waiver and Release:

I acknowledge that running or participating in a road race is a potentially hazardous activity and has inherent risks and dangers that include, but are not limited, to: falls, effects of weather (including high heat and humidity), traffic, conditions of the road, accidents during transportation or participation, physical injury, death, property damage, and contact with or actions of other people, including, without limitation, participants, volunteers, spectators, officials, monitors, and/or producers of this Event. I certify that I am physically fit, have sufficiently trained to run or participate in this Event and have not been advised otherwise by a qualified medical person.

For myself, my executors, administrators, heirs, next of kin, successors and assigns, I hereby knowingly and intentionally waive and release, indemnify and hold harmless the Caring Foundation of Montana, Inc., Blue Cross and Blue Shield of Montana, their directors, officers, employees, volunteers, and agents, Event holders, Event promoters/organizers, Event sponsors/ underwriters, Event Participants, and/or RunSignUp.com from and against any and all claims, actions, causes of actions, liabilities, suits, and expenses which are related to, arise out of, or are in any way connected with my participation in this Event and which result from the inherent risks of this Event or the ordinary negligence on the part of the persons or entities named in this Waiver and Release or from some other cause.

I understand the risks, hazards, and dangers of participating in this Event and hereby assume and accept any and all risks associated with my participation in this Event, including all risks of injury or death.

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 Caring Foundation of Montana, Inc., Blue Cross and Blue Shield of Montana, Event holders, Event promoters/organizers, Event Sponsors/underwriters, and/or assigns, including advertising and promotion, without payment to me. The Caring Foundation of Montana uses Network for Good to track registrations and contributions made for and through the Governor's Cup.

**By signing this document, you may be waiving your legal right to a jury trial to hold the provider legally responsible for any injuries or damages resulting from risks inherent in the sport or recreational opportunity or for any injuries or damages you may suffer due to the provider's ordinary negligence that are the results of the provider's failure to exercise reasonable care.**

I have read, understand, and voluntarily sign this Waiver and Release indicating my understanding and agreement to its contents and terms.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

A signature of a parent or guardian is required for any participant, age 17 or younger ("Minor"). In consideration of the Minor(s) being permitted to participate in this Event, I hereby agree on behalf of the Minor(s) to the terms and conditions of this Waiver and Release.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date