2021 MODDER TO HARTIES TRAINING RUN Date: 13th June 2021 Organized by Fabio La Mantia in support of the Comrades Virtual race events. 45km and 90km.

LIABILITY RELEASE/WAIVER FORM

All participants MUST complete this form

All participants must complete this form before participating in the 2021 Running of the Modder to Harties running event.

Admission to this event will not be granted if this form is not received the day prior and properly signed.

Waiver of Liability

I,_______, recognize and understand the risks of physical injury inherent to participating in this training event and I fully assume those risks. I hereby release Rand Road Warriors, Fabio La Mantia, their affiliates, ASA, CGA, event sponsors, helpers and marshals from all liability for injuries sustained or illnesses (Including but not limited to Covid-19) contracted while attending or participating in this event. I agree to indemnify, defend, and hold harmless Rand Road Warriors, Fabio La Mantia, their affiliates, ASA, CGA, event sponsors, helpers and marshals for any liabilities, costs and judgments arising from acts of omissions committed by me which result in injury or damage to any person or property.

Initials:

Protection of Property

I understand and agree that it is my sole responsibility to safeguard my personal property while attending or participating in this event. I hereby release Rand Road Warriors, Fabio La Mantia, their affiliates, ASA, CGA, event sponsors, helpers and marshals from all liability for loss or damage to my personal property while attending this event. I also agree to abide by any rules, regulations and policies set forth and highlighted in the information pack.

Initials: _____

Medical Attention

In case of physical injury or medical emergency, I hereby authorize Fabio La Mantia and/or associates to make necessary arrangements to transport myself to a medical treatment facility as necessary. All such transportation and medical treatment will be at my sole cost and expense. In extreme emergency, I understand Fabio La Mantia will attempt to notify the person(s) I have named below as my emergency contact(s) of my condition and how to reach me.

Initials: _____

Acknowledgement of Waiver

In signing this Release, I acknowledge and represent that I have fully informed myself of the content of the waiver and hold harmless agreement by reading it before I sign it, and I understand that I sign this document as my own free act and deed; no oral representations, statements, or inducements, apart from the written statement, have been made. I further state that I am at least eighteen (18) years of age and am fully competent to sign this agreement; and that I execute this release for full, adequate, and complete consideration fully intending to be bound by the same. I further state that there are no health-related reasons or problems which preclude or restrict my participation in this activity, and that I will pay any medical costs that may be attendant as a result of injury to me.

Initials: _____

Covid-19:

If you have contracted or being in contact of anyone with Covid-19 it will be your responsibility to inform the event organizer prior to the event to ensure you have been cleared prior to participation.

Initials: _____

PLEASE PRINT CLEARLY

Signature of Participant:

Printed Name of Participant:

Home Address:

Phone Number: _____

Emergency Contact: _____

Email Address: _____

Relationship to Participant:

Emergency contact name and number:

Signed:_____