

MODOT WAIVER AND RELEASE
FOR ADULT

Event: MoDOT and MSHP Total Wellness 5k

Date: September 23, 2017

In order to participate in this event, you must review and sign this release and waiver.

As a registered participant in the event known as MoDOT and MSHP Total Wellness 5k (hereinafter, "Run"), I, _____ (participant name), being eighteen (18) years of age or older, and having read this release and waiver before having signed it, and understanding its terms, content and meaning:

I do hereby certify that I am in good health and medically able and properly trained to participate in this event. I acknowledge that running a road race and participating in the Run is potentially hazardous activity, which could cause injury or death.

I do hereby knowingly and voluntarily participate in the Run at my own risk. I hereby acknowledge and assume all risks associated with participating in the Run, including but not limited to: falls, contact with other participants, the effects of the weather (including high heat and/or humidity), traffic, and the conditions of the road. I, for myself, my heirs and assigns, hereby irrevocably and unconditionally remise, release, acquit and forever discharge the Missouri Highways and Transportation Commission, the Missouri Department of Transportation (hereinafter "MoDOT"), the Missouri State Highway Patrol (hereinafter "MSHP"), and the MoDOT/MSHP Medical Plan (hereinafter "Released Entities"), including their members and department employees, from all claims, actions, causes of action, damages, obligations or liabilities of any kind whatsoever, in law or equity now existing, whether known or unknown that in any way relate to or arise out of my participation in this Run.

I do hereby irrevocably authorize the Released Entities to edit, copy, exhibit, publish, or distribute my name and likeness for any lawful purpose without payment or any other consideration. I do hereby hold harmless and release the Released Entities from any and all claims I may have by reason of the publication of my name or video and/or pictures of myself, in whole or in part, or of any statements from me which are truthfully and accurately quoted for newsworthy or other informational purposes.

Print Name: _____

Sign Name: _____

Date: _____