



Enable Sports and Fitness 5K Run and 1 Mile Walk Release

I, _____ (print name), acknowledge that my participation in the 5K Run/1 mile Walk involves risk of injury, including bodily injury, and assume the risk for the same. On my own behalf, and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release and discharge Enable Sports and Fitness from any and all liability for injury, death, damages and/or any claims, demands, losses or damages, incurred by me in connection with any aspect of the 5 K Run/ 1 Mile Walk.

Signature: _____

Date: _____

Signature of Parent: _____

Date: _____

(If under 18)