Liability Waiver Form

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of participant) know participation in the Fabulous with 47 5 Miler at 16040 Woodlawn Lane, Ridge, MD is a potentially hazardous activity.

 I understand that I should not take part unless I am physically fit, medically capable, and properly trained.

 I hereby certify that I am in good health and have trained to take part in the event that I am entering.

 I assume all risks associated with participating in this event, all risks being known and appreciated by me.

 Having read this waiver and knowing these facts and in consideration of your accepting my entry into this event, I, for myself and anyone entitled to act on my behalf, waive and release Fabulous with 47, and Woodlawn Farm (16040 Woodlawn Lane, Ridge, MD) from all claims of liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons or entities name in this waiver.

 Furthermore, I promise that I will immediately stop participating in the Fabulous with 47 5 Miler and/or seek medical assistance if I experience any of the following symptoms: shortness of breath, irregular or extremely rapid heartbeat, chest/arm pain or discomfort, feeling faint or lightheaded, nausea or vomiting, excessive fatigue and collapse, inadequate perspiration, or dehydration.