Harmon Farms Registration Form

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Phone _____ **Email** _____

Age _____ **Gender** _____

Race: 5-mile 10-mile

T-shirt size: S M L XL

How did you hear about us? (circle one)

Friend Internet Forms at VMCC Mail Other_____

Waiver and Release

I, the undersigned, in consideration for Inver Grove Heights Parks and Recreation allowing my participation in the Harmon Farms Trail Run, acknowledge that my participation in the Harmon Farms Trail Run entails inherent risks such as death, injury and damage to property. Those risks include, but are not limited to, death, injuries and damages resulting from the following:

1. The negligence of the City of Inver Grove Heights, its employees, representatives or volunteers; the negligence of guests, visitors or persons who may be present at or participating in the run; or the negligence of any applicable governmental entities;
2. Slips, trips, crashes or other such accidents that occur while participating in the Harmon Farms run, or which may be caused by other persons participation in the Harmon Farms Trail Run.
3. The negligence or lack of adequate training of Harmon Farms race volunteers, employees or representatives who seek to assist with medical or other help either before or after injuries have occurred.

I agree to release from all liability, discharge and promise not to take legal action against: (i) The City of Inver Grove Heights, its employees, representatives or volunteers; (ii) any guest, visitor or person present or participating in the Harmon Farms run; (iii) any sponsor of the Harmon Farms run, their directors, owners, employees, representatives, volunteers or agents; or (iv) any applicable governmental entities, their directors, employees, representatives, volunteers or agents. I agree to release the aforementioned persons from any liability to me, my heirs, next of kin, assigns or personal representatives for any losses, damages, claims or demand arising out of my death, injuries, or damages to property, even if their individual or collective negligence contributes to such death, injuries or damage.

I certify to the Harmon Farms run that I am eighteen years of age or older, physically fit, and have not been advised against participating in the Harmon Farms run by a qualified health professional. I freely and voluntarily assume complete personal responsibility for all risks and for my death or any injury or damage that may occur to me or my property as a result of these risks, even if such death, injury or damage occurs in a manner that is not foreseeable to me at this time. I realize that by voluntarily assuming the risks involved, I will be solely responsible for my death or any injury or damage that I sustain.
Moreover, I understand that the City of Inver Grove Heights and/or those authorized by the City of Inver Grove Heights will be taking photographs of the run and its related events. I hereby irrevocably consent to and grant the City of IGH and/or anyone authorized by the City of IGH the exclusive right to the ownership and use of any and all photographs taken that contain my person, image or likeness.

_____ _____
Signature Date Printed Name

If person is under 18 years of age, a parent or legal guardian must complete the following:

I, the undersigned parent or legal guardian of _____ ("Minor"), hereby execute the foregoing Assumption of Risk for and on behalf of Minor and agree to bind myself, Minor and any heirs, next of kin, assigns or personal representatives to the terms of this Assumption of Risk. I represent that I have full legal authority to act for and on behalf of Minor, and I agree to indemnify and hold harmless City of Inver Grove Heights for any expenses, claims or liabilities that may arise as a result of any insufficiency of my full legal authority to execute the foregoing Assumption of Risk.

_____ _____
Signature of Parent or Legal Guardian Date Printed Name of Parent or Legal Guardian