

# "Changing Minds"

7<sup>th</sup> ANNUAL Virtual Flex-Time  
Neighborhood MENTAL HEALTH AWARENESS 5K  
YOUR OWN WAY  
THANK YOU



## **PARTICIPANT'S WAIVER**

By registering for the 2024 - 7th Annual Virtual Flex-Time 5K, I acknowledge and agree to the following terms: I understand that participating in a virtual 5K involves inherent risks, including but not limited to, physical injury or health complications. I voluntarily assume all risks associated with my participation in this event. I hereby release, discharge, and hold harmless the event organizers and any affiliated parties from any and all claims, liabilities, or damages arising out of or related to my participation in the virtual 5K. I confirm that I am in good health and have consulted with a healthcare provider if necessary before participating in this event. I am physically capable of participating at my own pace. I grant permission to the event organizers to use my name, likeness, and any photographs or videos taken during the event for promotional purposes without compensation. By submitting my registration form, I agree the terms and conditions outlined above.

Type "Accept" on the line below.