

**City of Altamont  
WAIVER**

I acknowledge that the BRING IT ON FOR POMS 5K Run/Walk carries the potential for bodily injury and/or property loss. The risks include, but are not limited to actions of other people including, but not limited to, participants, volunteers, spectators, coaches, and event officials. I hereby knowingly and freely assume all the risks of participating in this event and assume full responsibility for my participation.

I certify that I am physically fit and able to participate in this event and have not been notified otherwise by a qualified medical person.

I hereby take action for myself and forever waive, release and discharge the City of Altamont, its officers, and employees from any and all liability and/or property damage incurred in association with my participation in this event.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND SIGN IT FREELY AND VOLUNTARILY.**

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_