

Signed Waivers

Participant Information

Name: Ashley Cotton
Email: ajnin83@yahoo.com
Address: 6300 Spicewood Street, Wilmington, North Carolina, 28405, United States
Confirmation Number: CKhIJ

Event Information

Event Name: Free to Move: 5K Run for Alyssa
Event Date: March 08, 2025
Event Location: Nashville, Tennessee, United States
Sub-Event: Virtual 5k

Signed Waiver Terms

Movemint Waiver

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, Movemint, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that participating in an event is a potentially hazardous activity. I should not enter unless I am medically able to do so and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in participating in this type of event. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the event. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s

recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard athletic event industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non transferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

Signature Confirmation

Participant Name: Ashley Cotton
Waiver: Movemint Waiver
Date Signed: February 28, 2025 at 01:57 PM UTC

Event Waiver

In consideration of you accepting this entry, I, the participant, intending to be legally bound, do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, Movemint, Run Nash, Free to Move, and all of their agents assisting with the event, sponsors and their representatives, volunteers, and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during, or after the event. I recognize, intend, and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that participating in an event is a potentially hazardous activity. I should not enter unless I am medically able to do so and properly trained. I assume all risks associated with participating in this event, including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in participating in this type of event. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the event. I certify, as a material condition to my being permitted to enter this race, that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

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By registering for this event, I acknowledge that I have read and agreed to the above release and waiver, including the no-refund policy, and understand that Run Nash and Free to Move are also released from any liability associated with my participation.

By submitting this entry, I (or a parent or adult guardian for all children under 18 years) agree to all terms outlined in this release and waiver.

Signature Confirmation

Participant Name: Ashley Cotton

Waiver: Event Waiver
Date Signed: February 28, 2025 at 01:57 PM UTC

*This document certifies that Ashley Cotton has digitally signed the following waiver agreement(s) for Free to Move:
5K Run for Alyssa: Movemint Waiver, Event Waiver.*

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