**Release of Liability:** I understand that running/walking in a road race is a potentially hazardous activity. I represent that I am medically able and properly trained to participate in this event. I assume all risks associated with this event including, but not limited to, heat exhaustion, falls, physical contact with other participants, effects of weather, dangerous traffic conditions, etc, all such risks being known and recognized by me. I hereby agree, for myself and my heirs, assigns, personal representative, executors and administrators, to waive, release, and forever discharge the St. James Shark Club and its respective directors, officers and employees, volunteer, and any and all sponsors, suppliers and any other personnel assisting or connected with this event, any rights, claims, or demands therefore which I may have or which I may hereafter accrue to me arising out of injury to my person or my property incurred in connection with participation in the Sharks 5K Run held on December 1, 2018