



A physical examination is not required to compete in the Men's Health Forum in Ireland Get Up. Get Out. Get Going! Challenge. This race is characterized by uneven terrain, roots, rocks and general trail conditions found in the grounds of Ardgillan Castle. If I participate I could die or be seriously injured. Having considered all the options, I agree to participate at my own risk. In consideration for the organizers accepting my entry into this race, I hereby waive and release any and all rights and claims I or my successors and assigns may have against The Men's Health Forum in Ireland, and their agents and representatives, Fingal County Council, the Men's Health Forum in Ireland Get Up. Get Out. Get Going! Challenge organizers, sponsors, any and all volunteers assisting in race production, from all injuries, ailments or other consequences suffered by me in the race, whether caused by their negligence or my own, and I agree to hold them harmless for all claims, damages, losses, judgments, and costs of whatever nature and form arising as a result of my participation in the event and hereby agree and undertake to indemnify them accordingly. I affirm that I am in good health, suffer from no known conditions which will endanger my health or the health of others, and I am fit to compete in the event. In case of injury or illness I will bear the cost of any evacuation procedures such as ambulance, helicopter, rescue and professional medical care. I understand that I must provide my own health and accident insurance. I give the organizers full permission to use any photographs, videotapes, recordings or any other record of this event for any legitimate purpose. I understand that race entry fees paid by me are non-refundable unless the registrar refuses my entry. The non-refund policy also applies to any cancellation of the race due to weather, fire or other conditions.