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***IDEMNITY AND RELEASE (Please read carefully and sign)**

This is to certify that I of (Passport No: / NRIC) _____ have read the rules and regulations applicable to my participation in The North Face 100 (the Event).

I hereby certify that I am sufficiently fit physically to participate in the Event, that I have no physical or medical condition which to my knowledge would endanger myself or others if I participate in the Event, and that I have not been advised otherwise by a qualified medical professional not to participate in the Event.

I acknowledge that offroad running is an inherently dangerous sport and fully realise the dangers of participating in a running event and **fully assume the risks associated with such participation** including, by way of example, and not limitation, the following: the dangers of collision with pedestrians, vehicles, other racers, and fixed or moving objects; the dangers arising from surface hazards, equipment failure, inadequate safety equipment, **the releasees' negligence**, and weather conditions; and the possibility of serious physical and/or mental trauma or injury associated with an athletic running competition or event. I hereby agree that I am participating at my own risk and shall be responsible for my own safety during the Event.

In consideration of your agreeing to admit me as a participant in the Event, I, or my heirs, executors and administrators, hereby agree to release and forever discharge The North Face Singapore, its directors, employees, sponsors, appointed staff, officials or agents, of all liabilities, claims, actions, damages, costs or expenses which I may have against any of them arising out of or in any way connected with my participation in the Event, including travelling to or from the Event, and including all loss, damage or injuries that may be suffered by me or to my personal property before, during or after the Event. I understand that the exclusion of liability includes any claims based on negligence, action or inaction on the part of any of the above parties.

I further agree to indemnify and keep indemnified The North Face Singapore, its directors, employees, sponsors, appointed staff, officials or agents, or anyone else involved in the organisation of the Event, for any death, injury, loss, damage or liability which The North Face Singapore and/or any of the aforesaid persons may suffer as a direct or indirect result of my participation in the Event.

Name

Signature

Date: