

Individual Release and Indemnity Agreement

In consideration of my participation in the activities described below, I hereby release, hold harmless, and forever discharge The University of North Carolina at Chapel Hill, its officers, employees and agents, TrailHeads, Inc. officers, volunteers and sponsors, from any and all liability, claims demands, actions and causes of actions whatsoever arising out of or relating to any loss, property damage, or personal injury, including death, that may be sustainable by me or to any property belonging to me that may arise out of my participation in the activities described below.

I hereby give permission for the staff of the University of North Carolina at Chapel Hill to seek emergency assistance (call 911) and while awaiting the arrival of emergency personnel, give emergency medical attention (make me comfortable and apply basic first aid and/or CPR) in the event of accident, injury, or illness for the duration of my activity in the Carolina North Forest. I will be responsible for any and all costs of such medical attention and treatment.

I am fully aware of the risks and hazards associated with activity in the Carolina North Forest. These risks include, but are not limited to, falls, cuts, breaks, bites, allergic reactions, and strains. I hereby elect voluntarily to participate in said activities and fully acknowledge that the activities may be hazardous to me and my property. I voluntarily assume full responsibility for any risk of loss, property damage, or any personal injury, including death that may be sustained by me or any loss or damage to property owned by me as a result of being engaged in such activity.

This agreement is binding on myself, my heirs, assigns, and personal representatives.

This the _____ day of _____, 2016.

Participant

Specific activity: 2016 Philosopher's Way Trail Runs