



6th Annual Ohana Wellness Day COLOR FUN RUN



REGISTRATION, WAIVER, AND RELEASE OF LIABILITY FORM

Saturday October 19, 2019 | 8:30AM – 10:30AM | Lanai Football Field

Name: _____ Gender: M F Age: _____

Limited T-shirt sizes available! Adult: S M L XL XXL Youth: S M L

E-Mail Address: _____ Phone Number: _____

Contest Category (Optional): Oldest Participant Youngest Participant Most Creative Outfit

Largest Group Name: _____

I **voluntarily give consent** to participate in the LCHC/MHS Ohana Wellness Day Color Fun Run on October 19, 2019.

I **voluntarily give consent** to have my photo taken or video recorded and grant permission for LCHC/MHS to use the picture and video for marketing in print, website or video/social media.

I understand that participating in these activities may involve strenuous exercise and potentially hazardous activity that can result in serious injury or death. I attest that I am physically fit and have no known physical condition that precludes his or her participation in these activities.

I understand that my participation in this activity creates a risk of accidents or the exacerbation of existing health conditions. Knowing these risks, I nevertheless hereby assume full responsibility for all risks arising out of, related to or connected with my child's participation in the activity, including, but not limited to, the risk of death, bodily injury, disability or property damage.

I, for myself and anyone entitled to act on my behalf, waive and release from any and all liability, claims, demands, actions, losses, judgments, awards, costs, expenses and attorneys' fees (collectively, the "Claims"), of any kind or nature whatsoever, by whomsoever raised or asserted, including, but not limited to, Claims for death, bodily injury, disability or property damage, however caused, arising out of, related to, or connected with this activity that I might bring against the Lanai Community Health Center, its officers, directors, employees, agents, independent contractors and representatives, including those arising from the negligence of any of them in connection with my participation in this activity.

I expressly agree that this Waiver and Release of Liability is intended to be as broad and inclusive as permitted by the laws of the State of Hawaii and that this Waiver and Release of Liability shall be governed by and interpreted in accordance with the laws of the State of Hawaii. I agree that in the event that any clause or provision of this Waiver and Release of Liability shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Waiver and Release of Liability that shall continue to be enforceable.

By my signature below, I acknowledge that I have received a copy of this Waiver and Release of Liability or been offered a copy and refused.

Signature of Participant or Parent/Guardian

Date

Information Sheet

When: Saturday, October 19, 2019

Where: Lanai Football Field

Time: 8:30 AM – 10:30 AM

Questions Call: LCHC 565-6919



- All participants must sign the liability waiver.
- There is absolutely no smoking, vaping, and or consumption of alcohol beverages allowed at any point during the color run event, including during pre- and post-race activities.
- Be sure to arrive on time to sign in and be ready to start the race on time!
- This is a non-competitive walk, jog or run for fun!
- 2 miles or 4 laps around the entire football field and pool area.
- There will be educational tables, refreshments, and prize drawings.
- There will be 6 color throwing stations assigned around route.
- You will get colorful and the colors will stain and/or transfer!
- Pets are not allowed during the run for their safety of inhaling powder.
- Only use powder outdoors, in open, well-ventilated areas.
- Color should only be thrown in the designated areas.
- Do not throw powder toward participant's face, target shirt and lower.

Recommendations for Participants:

- Protect feet with closed toe shoes.
- Protect eyes with sunglasses or goggles.
- Protect mouth with a bandana or dust mask.
- Protect electronics in plastic bags or plastic wrap.
- Protect light colored hair with leave-in conditioner or oil (coconut/olive).
- Bring change of clothes and towel if needed and a sheet to protect your vehicle upholstery.
- Dress accordingly to your comfort level.
- If you have asthma/breathing issues, please wear a mask at all times.
- Use sunscreen and pack extra snacks or drinks you may need to stay fueled.
- These vibrant colors are easy to clean. For best results shake, bounce, dance, wiggle and blow off loose color from hair, skin and clothes while it's dry – then use a little shampoo and soap and you're good to go.
- Color powder made in the USA: In a modern facility, using the best ingredients which are all FD&C and D&C approved.

