I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained.

I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, pollution etc all such risks being known and appreciated by me.

I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the More Than Aware 2k/5k Family Fun Walk/Run, the city of Shanghai, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I understand that if I bring a child under five along I am solely responsible for their wellbeing and am responsible for the child throughout the day.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

By signing below I accept these conditions I am signifying that I have permission from the person I am registering to do so if they are not myself, and if they are under 18 that I am legally allowed to submit their information and accept these conditions on their behalf.

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

我了解志愿参与道路赛跑活动包含可能会导致受伤或死亡的潜在风险。除非我受过良好训练，并具有良好身体条件，否则我不会报名参与这次活动。我在此证明本人身体具备足够条件以参与本项赛事，并已受过适当训练。

我承诺遵守一切与我个人参与比赛相关的官方决议，包括大赛方由于任何可能的原因拒绝或中止我参与本次比赛。我承诺我已阅读过竞赛条例并将全部遵守。我将承担所有与本项赛事有关的风险，包括并不仅限于：坠落，与其他参赛者的身体碰撞，天气影响，包括高温或湿度等，交通及道理情况，污染以及所有类似于此的我所知的风险。

我已获悉自行车，滑板，童车，旱冰鞋或冰刀，动物，个人乐器等物品为大会所禁止使用，并将全部遵守。我已阅读这份免责条款，并了解所有与我的参与相关的事项和部分未列出的条款。我，代表我自己和任何得到我授权并代表我的个人，免去：“超越意识2K/5K 家庭欢乐竞跑、竞走活动”，“上海市政府”，“美国街头赛跑俱乐部”，所有大会赞助方及所有代表和接替人等由于我参与活动所承担的全部相关责任。

我授权所有上述人员获准使用我的照片，动态图，语音记录或任何与本次赛事相关的记录并用于合法用途。

我在此处下方签名，表示我本人接受以上所有条件。我已获得在此签注的人名之授权，如果此人名不是我本人，或此人未满18周岁，我有权利代表他们提交相关信息并接受以上所有条件。

日期： \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

签名： \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_