



Liability Release & Hold Harmless Agreement

This agreement is entered between Karen Opperud and the undersigned with the following terms & conditions:

The undersigned wishes to participate in some or all of the activities planned by Karen Opperud. The undersigned is aware there may be potential risks of personal and bodily injury by involving themselves in these activities, and is willing to assume personal and liability for all such risks.

NOW THEREFORE, THE PARTIES AGREE AS FOLLOWS:

Agreement

Karen Opperud agrees to permit the undersigned to participate in the various events scheduled. The undersigned, in consideration thereof, hereby agrees to release Karen Opperud from any and all claims for damages, which the undersigned may subsequently sustain as a result of participating in said events. Further, the undersigned agrees to indemnify and hold harmless Karen Opperud, Havasu Hustlers Run Club, or any of its members or affiliates from any claims that may be pursued by any Third-Party as a result of the actions or conduct of the undersigned while participating in said events.