

Race bib # _____

Healthy Hike & Run – March 29, 2026

Release Form

I hereby confirm that I have read and voluntarily signed this waiver and I confirm my agreement to assume the entire risk of any loss, property damage, illness, injury or death (collectively "losses") that I may sustain or cause as a result of my participation in any Healthy Hike & Run 2026 race (the "Event") and all distances including 5km, 13km, 19km and any other distances added or changed. I understand that my participation in the Event may include participation in activities which demand a very high level of skill and physical and mental fitness.

I acknowledge that there are risks inherent in the activities organized for the Event and that I may sustain or cause losses from my participation therein. Pursuant to this release, I voluntarily agree to assume (for myself, my representatives, heirs, assigns, and next of kin) all such risks, foreseeable or otherwise, and that I shall be solely responsible for all losses I may cause. My assumption of the entire risk of any and all losses to me and/or caused by me to other persons in the Event is intended to apply to any and all losses no matter how the loss (or losses) is (or are) caused, whether for reason of negligence, breach of statutory duties or otherwise. I hereby release and discharge, Action Asia Events HK Ltd, Action Asia Sports Academy Ltd, their sponsors, contractors, agents and employees and all persons and entities connected with the Event, from any liability for any and all losses whatsoever, whatever the cause, that I may sustain or cause. My assumption of the entire risk of any and all losses to me in the Event is intended to cover any loss or losses caused by a negligent act or a negligent failure to act.

I hereby authorize and grant Action Asia Events HK Ltd and their related companies, licensees and assignees the irrevocable, transferable and world-wide right to publish, use, adapt and exploit, in perpetuity, any and all information and materials (including without limitation, photographs, video and films) about me and/or in which I appear whether or not in conjunction with any other works, drawings, photographs, or illustrations in connection with any and all exhibitions, public displays, broadcasts, transmissions, internet usage, publications, promotions or advertisements without limitation or reservation in connection with the Event.

I hereby certify that I have read and understand this release and that I fully accept the terms and conditions set forth herein on behalf of myself, my representatives, heirs, assigns and next of kin.

INDIVIDUAL - Print Full Name: _____

INDIVIDUAL - Participant's Signature: _____

Parent or Guardian's name and signature if under 18 – Print Full Name:

Date: _____