OFFICIAL ENTRY FORM

Please Print Clearly

Name: ____________________________________________

Dog’s name (for BowWow only): ________________________________

Email Address: ____________________________________________

Street Address: ____________________________________________

City, State, Zip Code: ______________________________________

Telephone Number: ________________________________________

Date of Birth: _______________ Age: ___________

Gender (please circle) M F T-Shirt Size (please circle) S M L XL 2XL  Amount Enclosed*: ______

Events you are Registering for: Yoga____ Bow-Wow____ 5-K____ Kayak____ Regatta____

*Please make checks payable to Cedar Key Chamber of Commerce.

4th Annual Workout on Waterfront (WoW) Event. WoW will consist of four races including a 1-mile Bow Wow, 5K Run, Kayak Challenge and Recycled Regatta as well as Yoga on the Beach

<table>
<thead>
<tr>
<th>Entry Fees</th>
<th>Early Registration</th>
<th>Race Day Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga</td>
<td>$10.00</td>
<td>$15.00</td>
</tr>
<tr>
<td>Bow Wow</td>
<td>$20.00</td>
<td>$25.00</td>
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<tr>
<td>Coastal Heritage</td>
<td>$25.00</td>
<td>$30.00</td>
</tr>
<tr>
<td>Kayak</td>
<td>$30.00</td>
<td>$30.00</td>
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<tr>
<td>Repurpose-it-Regatta</td>
<td>$40.00</td>
<td>$45.00</td>
</tr>
<tr>
<td>5k and Regatta Registration</td>
<td>$60.00</td>
<td>$70.00</td>
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<tr>
<td>Kayak and Regatta Registrations</td>
<td>$65.00</td>
<td>$75.00</td>
</tr>
<tr>
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<td>$70.00</td>
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<td>$65.00</td>
<td>$75.00</td>
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<tr>
<td>5k and Kayak</td>
<td>$50.00</td>
<td>$60.00</td>
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<tr>
<td>5k, Kayak and Regatta</td>
<td>$85.00</td>
<td>$95.00</td>
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</tbody>
</table>
PARTICIPANT ACKNOWLEDGEMENT OF RISK, RELEASE, AND AGREEMENT

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

This Assumption and Risk Waiver Form ("Waiver") must be read and signed to complete the Yoga event, Bow WoW, Coastal Heritage 5K Race, Atsena-Otie Kayak Challenge and/or Repurpose-it Regatta registration process and to participate in the WoW - Workout on Waterfront ("Events") on March 14, 2020.

I understand that walk, running a road race, paddling a kayak race and/or paddling in the Recycle-it-Regatta is a potentially hazardous activity. I understand that I should not participate in any of the listed above unless I am medically able and properly trained.

I acknowledge that my participation in WoW including but not limited to running, walking, paddling and swimming; entails known and unanticipated risks, which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I hereby assume any and all such risks including, the potential for: sickness, broken bones, sprains, concussions, drowning, heart attack, inclement weather, slips, falls and fallings; rope burns; pinches, scrapes, twists and jolts that could result in scratches, bruises, sprains, splinters, lacerations, fractures, concussions, or even more severe life threatening hazards. During the any of the above races there may be contact with plants, animals or insects that could create hazards such as stings, allergies, and associated diseases. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. I further understand that I may be exposed to other risks, which may not be foreseeable. At any time I and/or my group are free to withdraw from participation in any of the above races.

I agree that while participating in the Coastal Heritage 5k, I will yield to all emergency vehicles, and that there is the possibility and risk of traffic on the route. I also am fully aware that wheels of any kind, animals and headphones are strictly prohibited, except for competitive wheelchairs and strollers. I agree that I will not go back onto the course after leaving the designated course, finishing or withdrawing from the Race.

In regards to the Atsena-Otie Kayak Challenge and the Repurpose-it-Regatta, I will wear a life jacket for the entire race. Under age of 18 to the age of 12 can participate in the race with an adult present in the boat. I understand that racing on the water is a risk and I will yield to all motor boats on the route.

Furthermore, I have full knowledge of and assume any and all other risks associated with me running or racing on any of these events including, but not limited to: slips, trips, falls, contact with other participants, the effects of weather and the conditions of the roads or water, including high heat and/or humidity, colder weather on the water, illness, personal injury, and drowning; death; and all such risks are known, understood and accepted by me.

I understand that these Races are relying on these representations and in consideration of any of the Race(s) accepting my entry. I hereby for myself and for my heirs, executors, administrators, personal representatives, successors and assigns, or anyone else who might claim on my behalf, covenant not to sue, and I waive, release and discharge any and all Race sponsors, including CEDAR KEY CHAMBER OF COMMERCE AND CITY OF CEDAR KEY and any and all official offices, employees, agents, volunteers, local and state police, and all municipalities including any and all of their agents, employees, assigns, or anyone acting for or on their behalf from any and all rights, claims, causes of action or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my training or participating in the Race(s) or Race related events; even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown and/or my group are free to withdraw from participation in any of the above races.

I HEREBY RECOGNIZE AND ASSUME ALL THE RISKS ASSOCIATED WITH MY PARTICIPATION IN WOW. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

I HEARBY RELEASE THE CEDAR KEY CHAMBER OF COMMERCE, CITY OF CEDAR KEY AND THEIR RESPECTIVE EMPLOYEES, AGENT REPRESENTATIVES, ANY AND ALL OFFICIALS, EMPLOYEES, AGENTS, LOCAL AND STATE POLICE, ALL MUNICIPALITIES AND VOLUNTEERS FROM ANY AND ALL OBLIGATIONS, LIABILITIES, CLAIMS, CAUSE OF ACTION OR LIABILITY FROM DEATH, PERSONAL INJURY, DEMANDS, COSTS, AND EXPENSES, INCLUDING ATTORNEY'S FEES, OR DEMANDS OF ANY KIND OR NATURE WHATSOEVER WHICH MAY ARISE OR IN CONNECTION WITH MY PARTICIPATION IN ANY ACTIVITIES RELATED TO ANY OF THE EVENTS IN WORKOUT OF WATERFRONT.

I understand that the terms hereof serve as a release and assumption of risk for me as well as my heirs, estates, executors, administrators, and assignees.

I recognize and acknowledge that the Cedar Key Chamber of Commerce and City of Cedar Key do not carry any type of accident or health insurance policy on the participants in WOW Events (5K Run, Kayak Race and Recycle-It-Regatta). I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical conditions, which could interfere with my safety in these events, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.

I HAVE READ THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND AGREE TO BE BOUND BY IT.

By my signature below, I hereby warrant that:

I assume all risks and hazards incidental to the conduct of the Race(s) and Race in related events and my participation in the Race(s), including but not limited to: transportation to and from the Race(s) and training for the Race(s).
I agree to indemnify and hold harmless and release all of the Race sponsors, officers, agents, volunteers and employees, including medical personnel, and CEDAR KEY CHAMBER OF COMMERCE AND CITY OF CEDAR KEY and its officers, agents, volunteers and employees from and against all claims, damages, demands, actions or causes of action, on account of damage to personal property, or personal injury, or death which stems from any or all Race events.

I have sufficiently trained for and can safely participate in the Race(s) and have considered and will adhere to any precautions or limitations to our participation as directed by my physicians.

I assume responsibility for assuring that I have consulted with my physician prior to my participation and I am in a physical condition that allows me to safely participate in the Race(s).

I grant permission now, that should circumstances arise that render me unable to grant same permission or give consent at the time it is needed, I will defer to qualified persons associated with this event as to my need to be examined and medically treated if necessary during the course of the Race. Should officials determine that completion or continued participation in the Race would be injurious to my health, I consent to the removal of me from the Race for treatment by qualified medical personnel. I assume all risks and hazards for my refusal of care to myself. I waive any and all claims, damages, demands, and causes of action against the Race(s), its sponsors, officers, agents, volunteers and employees, and CEDAR KEY CHAMBER OF COMMERCE AND CITY OF CEDAR KEY and its officers, agents, volunteers and employees for any injury and liability for such treatment, including personal injury or death.

I understand that Cedar Key Chamber of Commerce and City of Cedar Key and/or those authorized by Cedar Key Chamber of Commerce and City of Cedar Key will be (i) taking photographs, (ii) making audio recordings and (iii) video recordings of the Race(s) and its related events. I hereby irrevocably consent to and grant Cedar Key Chamber of Commerce and City of Cedar Key, and/or anyone authorized by Cedar Key Chamber of Commerce and City of Cedar Key, the exclusive right to the ownership and use of any and all (i) photographs, (ii) audio recordings and/or (iii) video recordings containing my image or likeness, for any lawful purpose whatsoever in connection with CEDAR KEY CHAMBER OF COMMERCE AND CITY OF CEDAR KEY and its related events.

I agree that I will abide by any guidelines and decisions of Race official(s) relative to any aspect of my safety and participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever, including my own failure to abide by the rules or guidelines of the Race.

I understand that paying entry into these event(s) conveys no property interest or rights but only a limited license that may be revoked at any time and or any reason at the discretion of the Race(s) organizers.

I understand the Race course(s), distance, location, and timeline can be changed at the discretion of Cedar Key Chamber of Commerce and City of Cedar Key. All distances are approximate by GPS measurements. The Race(s) can be altered, postponed or cancelled for any reason including but not limited to: inclement weather, natural disturbances, police activity, or other reasons beyond Cedar Key Chamber of Commerce and City of Cedar Key reasonable control. If the Race(s) are cancelled or altered as described above, no refunds, credits or transfers will be issued, granted or permitted.

I have carefully read this release, understand its contents and significance, and execute it voluntarily.

In signing this agreement, I acknowledge and represent that I have read and understand it; I am participating at my own risk and waive all claims of every nature against the organizers including CEDAR KEY CHAMBER OF COMMERCE AND CITY OF CEDAR KEY, official sponsors, and any other participating agencies with respect to any personal loss, illness, bodily injury or death resulting from participating in these activities. I also fully understand the rigors of such competition and have prepared myself physically for the race(s). I agree that I will follow the rules which govern road and sea racing, that I sign it voluntarily and for full and adequate consideration, fully intending to be bound by the same; and that I am at least eighteen (18) years of age and fully competent.

Anyone under the age of eighteen (18) that is participating in the event, a parent or guardian will be signing for the participant under age agreeing to all of the above items.

I HAVE READ THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND AGREE TO BE BOUND BY IT.

Signed ___________________________ Date ______________

If under 18, signature of legal guardian _______________________________