



## MOVE4 MONA REGISTRATION WAIVER AND RELEASE FORM

**WAIVER:** By registering for Move4Mona, I acknowledge that I am voluntarily participating in this event and agree to assume all risks associated with my participation (or my child's participation, if under 18).

I understand that Move4Mona is a flexible, community-based activity that may include walking, running, or other forms of physical movement in a variety of locations and environments. I acknowledge that participation may involve risks, including but not limited to injury, illness, accidents, or other unforeseen circumstances.

In consideration of being permitted to participate, I agree to release and hold harmless Mona Foundation, along with its officers, trustees, employees, agents, sponsors, affiliates, volunteers, and event organizers, from any and all claims, liabilities, damages, or causes of action arising out of or related to my participation in Move4Mona, whether occurring before, during, or after the event.

### HEALTH AND SAFETY

I certify that I am physically able to participate in this activity and will take appropriate precautions for my own safety. I agree to participate responsibly and to be mindful of my surroundings, including traffic, terrain, weather conditions, and any other potential hazards.

### MINOR PARTICIPANTS

If I am registering a participant under the age of 18, I certify that I am the parent or legal guardian and consent to their participation under the terms of this waiver.

### PHOTO AND MEDIA RELEASE

I grant permission to Mona Foundation to use my name, image, and likeness in photographs, video, or other media for promotional and educational purposes, including use on websites, social media, and other communications materials, without compensation.

### PRIVACY

I acknowledge and agree to the collection and use of my personal information in accordance with Mona Foundation's Privacy Policy.

### ACKNOWLEDGMENT

By completing my registration, I confirm that I have read, understood, and agree to this waiver and release.