

Mexico Park & Rec, Missouri Military Academy, SSM and  
Audrain County Health Leadership Team Sponsoring

# Walking For A Healthier Lifestyle

## MISSOURI MILITARY ACADEMY FIELDHOUSE

**Mon, Nov 7, 2016 – Fri, Mar 31, 2017**  
**Mon – Fri • 9:00 am – 10:30 am**



**The program will not be available on:  
November 22-28, 2016  
And December 16 thru  
January 3, 2017.**

**Each participant is asked to sign a waiver, available at the door of the Field House or at City Hall. You may place the signed form in the box by the Field House door.**

**DID YOU KNOW:**

**8 laps around the track equals 1 mile!**

Mexico Parks & Recreation Department

Megan Harrington

City: 573-581-2100

Cell: 573-721-5435

[www.mexicomissouri.net](http://www.mexicomissouri.net)

Email: [mharrington@mexicomissouri.org](mailto:mharrington@mexicomissouri.org)



**SSM**Health

St. Mary's Hospital  
AUDRAIN



@mexpark



Mexico Parks  
& Recreation  
Department





## Missouri Military Academy Field House Walking Program

November 7, 2016 - March 31, 2017  
Monday-Friday • 9:00 a.m. - 10:30 a.m.

1. In consideration for receiving permission for me to participate in the Missouri Military Academy Walking Program and use the facilities in the Field House located on the campus of the Missouri Military Academy, Mexico, Missouri 65265, I hereby RELEASE, WAIVE, DISCHARGE, and COVENANT NOT TO SUE AND AGREE TO HOLD HARMLESS for any and all purposes Missouri Military Academy or the MMA Board of Trustees, their officers, agents, or employees from any and all liabilities, claims, demands or injury, including death, that may be sustained by me while participating in such activity, or while on the premises owned or leased by the RELEASEES, including injuries sustained as a result of the negligence of the releasees. I acknowledge there may be physically strenuous activities. I know of no medical reason why I should not participate.
2. I am fully aware that there are inherent risks involved with activity, including but not limited to the following:
  - A. Paralysis, injury or death while traveling to and from the activity site.
  - B. Slipping and falling at the site.
  - D. Personal injury including but not limited to: blisters, sprains, strains, dislocations, torn muscles and/or ligaments; fractured or broken bones; eye damage; cuts, wounds, scrapes, abrasions and/or contusions; head, neck, and/or spinal injuries; medical illnesses; allergic reaction, shock, paralysis or death and serious injury or impairment to other aspects of my body and general health and well-being.
3. I choose to voluntarily participate in said activity with full knowledge that said activity may be hazardous to me or my property. I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, that may be sustained by me as a result of use of the Missouri Military Academy Field House including injuries sustained as a result of the negligence of Releasees. I further agree to indemnify and hold harmless the releases for any loss, liability, damage or costs, including court costs and attorney's fees that may occur as a result of my participating in said activity.
4. I understand that that RELEASEES do not maintain any insurance policy covering any circumstances arising from my participation in this activity or any event related to that participation.
5. In signing this Covenant Not To Sue and Agreement to Hold Harmless, I acknowledge and represent that I have read the foregoing Covenant Not to Sue and Agreement to Hold Harmless, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements apart from the foregoing agreement that has been reduced to writing have been made. I execute this document for full, adequate and complete consideration fully indenting to be bound by the same, now and in the future.

SIGNED this \_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Printed Name \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_