

DISCLAIMER OF LIABILITY AND RELEASE OF ALL CLAIMS

By signing this form, you as a participant in any and all activities sponsored by or on behalf of Ladies In Stride, Inc. a/k/a L.I.S. do hereby release L.I.S. from all claims of liability for damages and injuries which _____ may have now or may
(print your name)

have hereafter against L.I.S. its heirs, legatees, executors, administrators, board members, organizers, incorporators, sponsors and assigns and do hereby release L.I.S. from any claims or purposed claims not covered by this disclaimer.

If you are under the age of 18 years, an adult legal guardian's signature is required.

Signature: _____ Date: _____

Guardian's signature: _____