

RELEASE

I, _____, of _____,
(Name) (Street Address)

City of _____, State of _____, do affirm my desire
to participate in the Activity at Mount Kato on February 6th, 2009, sponsored by the
Wellness Committee of Minnesota State University, Mankato.

Realizing that there is risk inherent in this activity and, in consideration of my being allowed to participate in this activity, I personally assume all risks in connection with said activity. Such risks may include, but are not limited to, any and all potential bodily injuries associated with this event, including, but not limited to, frostbite, strains, sprains, broken bones, head injuries, death and other unforeseen circumstances. I further agree to release and hold harmless the State of Minnesota, the Board of Trustees of the Minnesota State Colleges and Universities, Minnesota State University, Mankato, their officers, agents and employees from any and all claims and liabilities of any type whatsoever and for damages to, loss or destruction of any property or injury, sickness, or death which may now or hereinafter arise out of, result from, or in any way be connected with my participation in said activity.

I understand that neither the State nor any of its agencies, including Minnesota State University, Mankato, provides health insurance, and it is my responsibility to obtain such insurance.

I further state that I am of lawful age and legally competent to sign this release; that I understand the terms herein are contractual and not a mere recital; and that I have signed this document as my own free act.

I understand that a medical examination to assure myself of physical fitness is desirable, that obtaining such an examination is my own responsibility, and assume my own responsibility of physical fitness and capacity to participate in such event, and I am physically fit.

In Witness Whereof, I have executed this affirmation and release at Mankato, Minnesota on
_____, 2009.

Signature of Participant

(If Participant is under 18, a parent/guardian must sign also.)