

Binding Release Of Liability And Waiver of Claims

The undersigned hereby knowingly and voluntarily releases and forever releases, waives, and discharges the National Breast Cancer Foundation, Inc., Tranquil Movement, City of Colorado Springs, City of Manitou Springs, Falcon Center Tang Soo Do & Fitness and each of their respective affiliates (including affiliated entities), officers, directors, agents, representatives, shareholders, partners, employees, members, attorneys, and insurers (collectively, "Released Persons") from any and all liabilities, debts, obligations, costs, expenses, damages, judgments, liens, claims, and demands of any nature or description whatsoever, in equity or at law, that the undersigned (or his or her heir, successors, or personal representatives) may now have, acquire, own, or hold, or at any time heretofore owned or held, or could or may hereafter own, acquire, or hold against any one or more Released Persons, whether known or unknown, suspected or unsuspected, asserted or not, arising out of participation of any form by the undersigned in activities conducted by the Released Persons in relation to the _____ event, or any affiliated entity or agent thereof even if the risks and liabilities that the undersigned is releasing by signing this document arise solely out of the negligence or carelessness of one or more of the Released Persons (collectively, the "Released Claims"). This release is specifically intended to be binding on all of the undersigned's heirs and assigns. The undersigned admits the possibility that the undersigned or his or her successors may not fully know the number or magnitude of all Released Claims, but nevertheless intends to assume all risks by releasing such unknown claims, and agrees that this release is a full and final release and waiver of all Released Claims.

The undersigned has read this Release, understands the contents, has had the opportunity to obtain independent legal advice from an attorney as to its legal effect, and is under no duress or obligation of any kind to execute it. This Release reflects the understanding of the undersigned with respect to all matters addressed herein and will be construed accordingly. There have been no other representations, promises, or commitments made to the undersigned by any of the Released Persons other than those set forth in this Release.

THE UNDERSIGNED UNDERSTANDS THAT PARTICIPATING IN THE EVENT AND RELATED
ACTIVITIES ARE OR MAY BE INHERENTLY DANGEROUS AND MAY CAUSE DEATH OR SEVERE PERSONAL INJURY AND THE UNDERSIGNED AGREES TO ASSUME ALL RISKS, KNOWN AND UNKNOWN, ASSOCIATED WITH PARTICIPATION OF ANY KIND.

Date: _____ Signature: _____

Age: _____ Printed Name: _____

NOTICE: THIS IS A BINDING RELEASE AND WAIVER OF ALL CLAIMS OF ANY KIND
ARISING
FROM PARTICIPATION OF ANY KIND IN THE ABOVE DESCRIBED EVENT BEING HELD
BY

TRANQUIL MOVEMENT. READ IT CAREFULLY. IF YOU DO NOT UNDERSTAND ITS
EFFECT, GET THE ADVICE OF A LAWYER BEFORE SIGNING.