

**WOMEN'S HEALTH ACTION HEROES RUN 10 FEED 10 CONTEST
OFFICIAL RULES**

NO PURCHASE OR PAYMENT IS NECESSARY. VOID WHERE PROHIBITED. THIS COMPETITION IS A CONTEST OF SKILL BASED ON JUDGING CRITERIA CONCERNING THE ABILITY OF ELIGIBLE PARTICIPANTS TO BEST PERFORM THE SKILLS AS DETERMINED WITHIN THE JUDGES' SOLE AND ABSOLUTE DISCRETION. ONLY ELIGIBLE PARTICIPANTS MAY ENTER. DO NOT ENTER IF YOU RESIDE OUTSIDE THE GEOGRAPHICAL AREA, ARE UNDER 18 OR THE AGE OF MAJORITY IN YOUR JURISDICTION OF RESIDENCE, ARE NOT A CURRENT ACTION HERO, ARE A MEMBER OF ANY PERFORMER'S GUILD OR UNION, OR DO NOT OR CANNOT FULLY COMPLY WITH THE OFFICIAL RULES.

THE OFFICIAL RULES ARE A LEGALLY BINDING AGREEMENT BETWEEN YOU AND SPONSOR AND GOVERN YOUR PARTICIPATION IN THE CONTEST. ENTRY AND/OR PARTICIPATION IN THE CONTEST CONSTITUTES YOUR FULL AND UNCONDITIONAL AGREEMENT TO AND ACCEPTANCE OF THE OFFICIAL RULES. THE CONTEST IS GOVERNED BY THE OFFICIAL RULES, AND SUBJECT TO ALL APPLICABLE U.S. FEDERAL, STATE AND LOCAL LAWS.

1. CONTEST AND PROMOTION PERIOD: Sponsor (defined in Section 3) is conducting the "Women's Health Action Heroes Run 10 Feed 10 Contest" (the "**Contest**"), which is governed by these "Women's Health Action Heroes Run 10 Feed 10 Contest Official Rules" ("**Official Rules**"). The Contest starts on August 1, 2017 and ends at 11:59 p.m. Eastern Time ("ET") on November 28, 2017 ("**Promotion Period**"). Eastern Time shall control for all purposes of this Contest. The Contest is governed by these Official Rules, and is subject to all applicable U.S. federal, state and local laws, and provincial or territorial laws, and is void wherever prohibited by law.

2. CONTEST OVERVIEW: The Contest invites Eligible Participants (defined in Section 4) to use their marketing skills and network of friends, family and followers to recruit the most friends, family and followers at a Women's Health 2017 Run 10 Feed 10 event ("**Run10Feed10 Event**") or a Run Your Own organized event ("**Run Your Own Event**"), or raise the most funds to feed the hungry through the Women's Health Run a 10K and FEED Hungry People program ("**Fundraising Event**"), as set forth in the Official Rules. The Judges (defined in Section 6) will select one (1) winner who recruits the most friends to participate in a Run10Feed10 Event and one (1) winner who recruits the most friends to participate in a Run Your Own Event, and one (1) winner who raises the most funds in the Fundraising Event (collectively, the "**Events**"). There will be a total of three (3) winners of the Contest.

3. SPONSOR: The Sponsor of the Contest is *Women's Health*, published by Rodale Inc., 400 South 10th Street, Emmaus, PA 18098-0099 ("**Sponsor**").

4. ELIGIBILITY: The Contest is open only to legal residents of the 49 United States and District of Columbia ("**Territory**") **EXCLUDING RESIDENTS OF ARIZONA, AND PUERTO RICO, GUAM, U.S. VIRGIN ISLANDS, AND OUTSIDE THE U.S., INCLUDING CANADA** or wherever else prohibited by law, who, at the time of entry: **(i)** are 18 years of age or older and the age of majority in his/her state, province, or territory of residence at the time of entry; **(ii)** are currently a Women's Health Action Hero and fulfilled all Action Hero requirements, including by signing all the required forms and agreements ("**Action Hero**"); **(iii)** will participate in the Run10Feed10 Event, Your Own Event, or Fundraising Event; **(iv)** not be an employee of Sponsor; and **(v)** agree to fill out, sign/execute and agree to all of the terms and conditions of Sponsor's required forms and agreements, including, but not limited to, an Affidavit and Release, confidentiality agreements, and winner agreement, and any other documents or agreements that may be required by Sponsor, as determined within its sole and absolute discretion, including for the provision of promotional and/or sponsorship support, press and public relations activities (collectively, the "**Eligible Participant**" or "**Eligible Participants**"). Mechanically altered or reproduced Entries are not eligible. By entering you agree to be bound by these Official Rules and the decisions of Sponsor, whose decisions shall be binding and final in all respects, and you certify that you are eligible to enter. The Contest is only open to Eligible Participants, as determined by Sponsor within its sole and absolute discretion, who satisfy all eligibility requirements under the Official Rules.

5. ENTRY PROCESS AND ENTRY REQUIREMENTS:

5.1 Entry Process: To participate in the Contest, during the Promotion Period you must be an Eligible Participant, submit an entry, and participate in one of the Events: the Run10Feed10 Event, Run Your Own Event, or the Fundraising Event. Failure to participate in one of the Events will disqualify you from the Contest and/or winning/receiving a prize.

a. Entry: To enter the Contest during the Promotion Period, Eligible Participants must visit www.run10feed10.com (the “**Website**”) and follow the instructions on the Website and perform all of the following: **(i)** completely fill out all the required fields on the entry form, including first and last name, complete home mailing address (no P.O. Boxes), daytime telephone number (including area code), date of birth, the name of the supermarket where you buy your groceries, and email address, **(ii)** select one (1) of the following Events that you will participate in for the Contest for the duration of the Promotion Period: Run10Feed10 Event, Run Your Own Event, or the Fundraising Event, and **(iii)** submit your Entry into the Contest by following the instructions on the Website. Eligible Participants submitting an Entry are referred to as the “**Entrants**”. **ALL ENTRIES MUST BE RECEIVED BY 11:59 P.M. ET, NOVEMBER 28, 2017.**

b. Events: To participate in the Contest and an Event, you must comply with the following requirements that apply to the Event selected by you on your Entry.

(i) Run10Feed10 Event: Entrants must signup for the New York, NY Run10Feed10 Event on September 17, 2017, the San Francisco, CA Run10Feed10 Event on October 22, 2017, or the Chicago, IL Run10Feed10 Event on October 28, 2017 by visiting www.run10feed10.com (“**Run10Feed10 Website**”). Before Entrants signs-up for one of the Run10Feed10 Events, Sponsor will provide all Action Heroes with Run10Feed10 discount codes, images and promotional material that Entrants can share to their friends, family and followers through social media to encourage those friends, family and followers to signup for the same Run10Feed10 Event Entrant signed up to participate in by the applicable registration dateline stated on the Run10Feed10 Website for the applicable Run10Feed10 Event location. When sharing any information about the Run10Feed10 Event, Entrant must include the following disclosure on the share/post: “#WHActionHero” or “#Ad”.

(ii) Run Your Own Event: Entrants may run a Run Your Own Event selecting a date and time for the Run Your Own Event that is during the Promotion Period and at a location within the Territory and map your course for an event that is a duration of or about a 10K and signup for and create the Run Your Own Event by visiting <http://run10feed10.com/run-your-own/> (“**Run Your Own Event Page**”) and following the instructions on the Run Your Own Event Page. Before Entrant signs-up on the Run Your Own Event Page, Sponsor will provide Action Heroes with a code, images and promotional material that Entrant can share to their friends, family and followers through social media to encourage those friends, family and followers to signup for the Run Your Own Event by the applicable registration deadline stated on the Run Your Own Event Page. When sharing any information about the Run Your Own Event, Entrant must include the following disclosure on the share/post: “#WHActionHero” or “#Ad”.

(iii) Fundraising Event: For Entrants who cannot or do not want to participate in a Run10Feed10 Event or Run Your Own Event, they can participate in the Fundraising Event of the Contest by visiting the Fundraising Event website at <https://www.crowdrise.com/2017WomensHealthRun10Feed10> (“**Fundraising Event Website**”) to sign-up, create a micro fundraiser under the Run10Feed10 Crowdrise webpage and share that page with Entrants’ with friends, family and followers in social media to encourage such friends, family and followers to donate to the Fundraising Event. When sharing any information about the Run10Feed10 Event, Entrant must include the following disclosure on the share/post: “#WHActionHero” or “#Ad”.

5.2 ENTRY REQUIREMENTS: All Entries you submit must be original to Entrant alone, not copied or plagiarized, and not created in collaboration with anyone, and cannot have been submitted to or published by any other publication, and you must own all copyrights in the Entry, have full rights and authority to grant Sponsor the rights, title, interests and copyrights to use the Entry, and have acquired any necessary releases with respect to the Entry. Entries that are forged, altered, mechanically reproduced or generated by entry devices, macros, bots, and/or other programs and/or software and/or

any automated means or mechanisms will not be accepted and will be void. Use of any automated system, software, techniques or practices to participate is prohibited and will result in disqualification and all such Entries will be deemed void. If you enter using a mobile device, standard data charges may apply from your carrier. Entries will not be acknowledged or returned. Limit one (1) Entry per person/Entrant per email address per day throughout the Promotion Period. Entries by the same person in excess of the limits stated herein will be disqualified. Entries submitted to the Website will be deemed to have been submitted by the authorized account holder of the email address submitted at the time of entry. "Authorized account holder" is defined as the natural person who is assigned to the email address by an Internet access provider, online service provider or organization (e.g., business, educational institution, etc.) that is responsible for assigning email addresses for the domain associated with the submitted email address.

All Entries must be consistent with Sponsor's image and reputation. Entries cannot, as determined by Sponsor within their sole and absolute discretion: **(i)** be offensive, obscene, or inappropriate; **(ii)** be sexually explicit or suggestive, violent or derogatory of any ethnic, racial, gender, religious, professional or age group, or pornographic, contain nudity or any dangerous activity; **(iii)** include any trademarks, service marks, logos, or copyrights or other materials not owned by the Entrant or used without the owner's permission, in a form acceptable to Sponsor, if requested; **(iv)** use another person's name, image, likeness, or other identifiable feature without such person's permission in a form acceptable to Sponsor, if requested; **(v)** include any celebrities or public figures; **(vi)** contain profanity, sexual content; content promoting alcohol, illegal drugs, tobacco, firearms, or weapons, hateful content of any kind (including racism, sexism, etc.), or that promotes violence, hate, or harm to another or any animal, or any other offensive, obscene, or inappropriate content; **(vii)** defame, slander, misrepresent, or contain disparaging remarks about other people, companies, or businesses including, but not limited to Sponsor; **(viii)** make threats of any kind, harass, bully or intimidate another; **(ix)** contain materials personifying the names, likenesses, photographs, or other identifying elements of any person, living, or dead without permission in a form satisfactory to Sponsor, if requested; or **(x)** violate any applicable federal, state or local laws.

6. JUDGING CRITERIA AND WINNERS SELECTION: The marketing team of Women's Health ("Judges") will select one (1) winner from each Event who, through use of marketing skills and networking among friends, family and followers, including on social media, recruit the most friends, family and followers for an Event. For the Run10Feed10 Event, the Judges will select one (1) winner from among the Entrants for the Run10Feed10 Event who recruited the most participants in the Run10Feed10 Event selected by Entrants on their Entries and as indicated by the redemption codes received by Sponsor for the applicable Run10Feed10 Event during the Promotion Period. For the Run Your Own Event, the Judges will select one (1) winner from among the Entrants for the Run Your Own Event who recruit the most participants in the Run Your Own Event selected by the Entrants on their Entries and as indicated by the codes for the Run Your Own Event received by Sponsor for the Run Your Own Event during the Promotion Period. For the Fundraising Event, the Judges will select one (1) winner from among the Entrants for the Fundraising Event who raise the most donations received on the Fundraising Event Website during the Promotion Period. There will be a total of three (3) winners of the Contest. AN ENTRANT CANNOT WIN MORE THAN ONE (1) TIME IN THE CONTEST. ENTRANTS WILL ONLY BE ENTITLED TO ONE (1) PRIZE REGARDLESS OF HOW MANY EVENTS AN ENTRANT PARTICIPATES IN.

7. WINNER NOTIFICATION: Potential winners will be notified by email, using the information provided on his/her Entry, on or about December 5, 2017. Sponsor will send to potential winner by postal mail or email—at the email or postal address on his/her Entry, an Affidavit of Eligibility, Release of Liability, Publicity Release, unless prohibited by law, and any other documentation that Sponsor requires (the "Affidavit"). In order to redeem his/her prize, potential winner shall fully complete, sign, have notarized (if requested), and return to Sponsor an Affidavit within fourteen (14) days after receipt of the winner notification by the potential winner(s). In the event: (a) potential winner cannot be reached for whatever reason after up to three (3) attempts to contact the potential winner have been made based on the information stated in the Entry, (b) of noncompliance with the above or within any of the aforesaid time periods, (c) potential winner is found to be ineligible to enter the Contest or receive the prize, (d) potential winner cannot or does not comply with the Official Rules, (e) potential winner's prize notification or

Affidavit is not received by Sponsor or returned as undeliverable for whatever reason, or (f) potential winner fails to fulfill the Affidavit-related obligations, the potential winner shall be disqualified from the Contest and an alternate potential winner may be selected, at Sponsor's sole discretion, from among the other eligible entries received. Winner selection is under the supervision of Sponsor, whose decisions are final and binding in all respects.

8. PRIZES: The prize for the winner of the Contest for the Run10Feed10 Event is one (1) 10.5 inch tablet device with an approximate retail value (the "ARV") of \$550.00. The prize for the winner of the Contest for the Run Your Own Event is one (1) smartwatch with an ARV of \$270.00. The prize for the winner of the Contest for the Fundraising Event is one (1) digital media player and microconsole-network appliance and entertainment device that can receive digital data from a number of sources and stream it to a capable television with an ARV of \$150.00. The total ARV of all prizes awarded is \$970.00. There are a total of 3 prizes to be awarded to 3 winners. All other expenses not specifically listed herein are solely the winner's responsibility including, but not limited to, sales taxes. Prize subject to any and all applicable terms and conditions. Any depictions of prizes are for illustrative purposes only. All federal, state and local taxes on the prize are the sole responsibility of the winner. Winner will be sent an IRS Federal 1099-MISC tax form for the retail value of any prize at or above \$600. No transfer, refund, substitution, or replacement of prizes permitted, except that Sponsor reserves the right, in its sole discretion, to substitute a prize of equal or greater value (or cash equivalent). ARV of all prizes is in U.S. dollars. Any portion of the prize not accepted or unclaimed and/or unused by the winner will be forfeited and will not be substituted. In the event that the trip to the supermarket with a dietician is cancelled or postponed for any reason, Sponsor reserves the right to award the balance of the prize without the trip to the supermarket with a dietician. In the event a selected prize winner is unable to participate in the supermarket tour with a dietician on the dates identified by Sponsor, the prize will be forfeited in its entirety and an alternate winner may be selected.

9. PUBLICITY RELEASE; USE OF PERSONAL INFORMATION: Except where prohibited or restricted by law, by submitting a Entry, all Entrants and winner agree and consent to irrevocably grant all rights to Sponsor and its parent corporations, subsidiaries, affiliates, successors, assigns, transferees, suppliers, distributors, advertisers, advertising/promotion agencies, vendors, production companies, and programming and content distributors, and the parents, affiliates, subsidiaries, licensees, sublicensees, successors and assigns of all of the foregoing and each such company's officers, directors, employees and agents (collectively, the "**Sponsor Parties**") the perpetual, royalty-free right and permission, worldwide, throughout the universe, to use, record, photograph, perform, translate, license, publish, exhibit, make available, digitize, display, produce, reproduce, syndicate, video tape, telecast (by any means), distribute, sell and otherwise exploit, in whole or in part, respectively, all Entrants' and winners' name, sobriquet, biographical information, testimonials and endorsements, picture, portraits, voice, likeness, photographs, and images (the "**Likenesses**") for any and all purposes, including, but not limited to, advertising, trade, syndication, and/or promotion, in any and all forms of media, now known or hereafter devised, including, but not limited to, print, TV, radio, cable, electronic, digital, mobile, third party websites and platforms, or World Wide Web, without further limitation, restriction, compensation, notice, review, or approval to the extent permitted by law, including, but not limited to, in connection with the Contest, Entry, the photo or video shoot(s) and photos and works in connection therewith, with respect to all Entrants and the winner including, but not limited to, in connection with any Sponsor Parties or their publications, websites or platforms. All Entrants and winner acknowledge and agree that Sponsor can freely transfer, assign, license, and/or sublicense the foregoing rights without any obligation of approval, notice, consent or compensation. In addition, Entrants, and winner transfer any rights, title, interests, and copyrights, and to waive any and all moral rights, in the Entry and will execute any such documents as may be necessary to effectuate such a transfer or rights and waiver of moral rights, without further compensation. Also by submitting the Entry and participating in the Contest, Entrants and winner will be sharing their personal information with Sponsor. Personal information collected by Sponsor will be used for administration of the Contest. Furthermore, by submitting an Entry and/or participating in the Contest, Entrants, and winner agree to Sponsor's use of their personal information as described in their respective privacy policy. Sponsor's privacy policy is at <http://www.rodaleinc.com/your-privacy-rights>, as may be amended from time to time. Entrants and winner waive the benefits of any provision of law known as "droit moral," or any similar laws, and agrees not to institute, support, maintain or authorize any lawsuit on the ground that any work, or recordings thereof, in any way constitutes an infringement of any of Entrant's

or winner's "droit moral" or a defamation or mutilation of any part thereof, or contains unauthorized variations, alterations, modifications, changes or foreign versions or translations. If under any law the above waiver of "droit moral" or "moral rights" is not effective, then Entrants and winner shall exercise such rights in a manner which recognizes the contributions of, and will not have a material adverse impact on Sponsor's rights under this Agreement.

10. NO TAMPERING; RIGHT TO CANCEL, MODIFY: Sponsor and its parent companies, subsidiaries, affiliates, partners, representatives, agents, successors, assigns, employees, officers and directors shall not have any obligation or responsibility, including any responsibility to award any prize to Entrants, with regard to: (a) Entries that contain inaccurate information or do not comply with or violate the Official Rules; (b) Entries, prize claims or notifications that are lost, late, incomplete, illegible, unintelligible, damaged or otherwise not received by the intended recipient, in whole or in part, due to computer, human or technical error of any kind; (c) Entrants who have committed fraud or deception in entering or participating in the Contest or claiming the prize; (d) telephone, electronic, hardware, software, network, Internet or computer malfunctions, failures or difficulties; (e) any inability of the winner to accept the prize for any reason; (f) if a prize cannot be awarded due to travel cancellation, delays or interruptions due to Acts of God, natural disasters, terrorism, weather or any other similar event beyond Sponsor's reasonable control; or (g) any damages, injuries or losses of any kind caused by any prize or resulting from awarding, acceptance, possession, use, misuse, loss or misdirection of any prize or resulting from participating in this promotion or any promotion or prize related activities. Sponsor reserves the right, in its sole discretion, to disqualify any individual it finds to be (a) tampering with the entry process or the operation of the Contest, or with any Web sites promoting the Contest; (b) acting in violation of the Official Rules; or (c) entering or attempting to enter the Contest multiple times through the use of multiple e-mail addresses or the use of any robotic or automated devices to submit entries. Sponsor reserves the right to modify, extend, suspend or terminate the Contest, including the Promotion Period, for any reason deemed necessary in Sponsor's sole discretion, including, but not limited to, fraud, technical failures or difficulties, human error or any other reason, and notice of any modification, extension, suspension or termination will be posted at <http://run10feed10.com/start-fundraising/>.

11. RELEASE OF LIABILITY; DISCLAIMER OF WARRANTY; FORUM SELECTION CLAUSE: By participating in the Contest, Entrants and winner agree to release, discharge, hold harmless and indemnify Sponsor and their parent companies, subsidiaries, affiliates, partners, advertisers, and successors and assigns, and each of their respective shareholders, partners, members, directors, officers, employees, representatives, agents, contractors, and vendors ("**Released Parties**"), from any and all liability, for loss, harm, damage, injury, cost or expense whatsoever including without limitation, property damage, personal injury (including emotional distress), and/or death which may occur in connection with preparation for, or participation in, the Contest, or possession, acceptance and/or use or misuse of the prize or participation in any Contest-related activity and for any claims or causes of action based on publicity rights, defamation or invasion of privacy, and/or prize/merchandise delivery and/or fulfillment. By accepting the prize, winner agrees that any liability concerning or arising out of the prize rests solely with the manufacturer of the goods or their affiliates. Released Parties assume no responsibility for any injury or damage to Entrants or to any other person's computer, regardless of how caused, relating to or resulting from entering or downloading materials or software in connection with this Contest. In the event that you breach any of your representations, warranties or undertakings contained herein, Released Parties shall be entitled to and may seek indemnification from you for recovery of all legal fees, damages, claims and other expenses that may be incurred by Released Parties as a result of your aforementioned breach. Entrant and winners agrees to indemnify Released Parties from any third party claims, damages, losses or injuries, including reasonable attorney's fees and costs, arising from or relating to entrant's participation in the Contest and the Entry. Entrants and winners acknowledge that Released Parties have neither made nor are in any manner responsible or liable for any warranty, representations or guarantees, express or implied, in fact or in law, relative to any prize, including, but not limited to, express warranties provided by the manufacturer of the goods or their affiliates.

12. DISPUTES: THIS CONTEST, INCLUDING ALL ISSUES AND QUESTIONS CONCERNING THE CONSTRUCTION, VALIDITY, INTERPRETATION AND ENFORCEABILITY OF THE OFFICIAL RULES, OR THE RIGHTS AND OBLIGATIONS OF ENTRANTS AND WINNERS OR SPONSOR IN CONNECTION WITH THE CONTEST IS GOVERNED BY, AND WILL BE CONSTRUED IN

ACCORDANCE WITH, THE LAWS OF THE COMMONWEALTH OF PENNSYLVANIA, AND THE FORUM AND VENUE FOR ANY DISPUTE SHALL BE IN LEHIGH COUNTY, PENNSYLVANIA. IF THE CONTROVERSY OR CLAIM IS NOT RESOLVED THROUGH DIRECT DISCUSSIONS OR MEDIATION, IT SHALL THEN BE RESOLVED BY FINAL AND BINDING ARBITRATION ADMINISTERED BY THE AMERICAN ARBITRATION ASSOCIATION IN ACCORDANCE WITH ITS ARBITRATION RULES AND PROCEDURES OR SUBSEQUENT VERSIONS THEREOF ("**AAA RULES**"). THE AAA RULES FOR SELECTION OF AN ARBITRATOR SHALL BE FOLLOWED, EXCEPT THAT THE ARBITRATOR SHALL BE EXPERIENCED AND LICENSED TO PRACTICE LAW IN PENNSYLVANIA, AS DETERMINED BY SPONSOR. ALL PROCEEDINGS BROUGHT PURSUANT TO THIS PARAGRAPH WILL BE CONDUCTED IN LEHIGH COUNTY, PENNSYLVANIA. THE REMEDY FOR ANY CLAIM SHALL BE LIMITED TO ACTUAL DAMAGES, AND IN NO EVENT SHALL ANY PARTY BE ENTITLED TO RECOVER PUNITIVE, EXEMPLARY, CONSEQUENTIAL, TREBLE, OR INCIDENTAL DAMAGES OR HAVE DAMAGES MULTIPLIED OR OTHERWISE INCREASED, INCLUDING ATTORNEY'S FEES OR OTHER SUCH RELATED COSTS OF BRINGING A CLAIM, OR TO RESCIND THIS AGREEMENT OR SEEK INJUNCTIVE OR ANY OTHER EQUITABLE RELIEF. EACH ENTRANT AND WINNER AGREES THAT THE RIGHTS AND OBLIGATIONS OF ANY ENTRANT OR WINNER, RELEASED PARTIES AND/OR ANY OTHER PARTY SHALL BE RESOLVED INDIVIDUALLY, WITHOUT RESORT TO ANY FORM OF CLASS ACTION. ANY DEMAND FOR ARBITRATION MUST BE FILED WITHIN ONE (1) YEAR OF THE TIME THE CAUSE OF ACTION ACCRUED, OR THE CAUSE OF ACTION SHALL BE FOREVER BARRED. IF ANY PART OF THIS ARBITRATION PROVISION IS DEEMED TO BE INVALID, UNENFORCEABLE OR ILLEGAL, OR OTHERWISE CONFLICTS WITH THE AAA RULES, THEN THE BALANCE OF THIS ARBITRATION PROVISION SHALL REMAIN IN EFFECT AND SHALL BE CONSTRUED IN ACCORDANCE WITH ITS TERMS AS IF THE INVALID, UNENFORCEABLE, ILLEGAL OR CONFLICTING PROVISION WERE NOT CONTAINED HEREIN.

13. LIMITATION ON LIABILITY: UNDER NO CIRCUMSTANCES WILL ANY ENTRANT OR WINNER BE PERMITTED OR ENTITLED TO OBTAIN ANY RECOVERY OR AWARD FOR, AND EACH ENTRANT AND WINNER HEREBY KNOWINGLY AND EXPRESSLY WAIVES ALL RIGHTS TO SEEK AND OBTAIN, PUNITIVE, EXEMPLARY, INCIDENTAL, CONSEQUENTIAL, OR TREBLE DAMAGES, AND/OR HAVE ANY OTHER DAMAGES, INCLUDING REIMBURSEMENT FOR ATTORNEYS' FEES, COSTS AND EXPENSES, OTHER THAN ACTUAL DAMAGES, AND/OR HAVE DAMAGES MULTIPLIED AND/OR INCREASED AND/OR SEEK INJUNCTIVE OR ANY OTHER EQUITABLE RELIEF, INCLUDING RECISSION OF THE OFFICIAL RULES.

14. LIST OF WINNERS: To receive a list of the winners after December 5, 2017 by mail send a self-addressed envelope, with applicable U.S. postage affixed to "Women's Health Action Heroes Run 10 Feed 10 Contest" Rodale Inc., 733 Third Avenue, New York, NY 10017-3204, Attn: Victoria Aiello or by email send an email to Victoria.aiello@rodale.com and in the body of the email type: Please email me the winner's list for the "Women's Health Action Heroes Run 10 Feed 10 Contest".