



## XC Ottawa Trail Run

Saturday, August 23, 2014  
"Spend a Buck to Save a Duck"

### **RELEASE OF LIABILITY**

I know that participating in a running event, regardless of the distance, includes an element of risk. I understand that I should not participate in the XC Ottawa Open Training Session on Saturday, August 23, 2014, unless I am medically able and properly trained; I agree to abide by any decision of any XC Ottawa member relative to my ability to compete in this event safely. I further assume any and all risks associated with participating in this event including, but not limited to, illness, traveling to and from the event, falls, contact with spectators, wildlife or other participants, and the conditions of the roads, trails and pathways, all such risks being understood by me. Having read this waiver and knowing these facts, I hereby for myself, my heirs, executors, administration of anyone else who might claim on my behalf, covenant NOT TO SUE, and waive, release and discharge of subsidiaries, assigns, representation, or successors against XC Ottawa and their members.

I, *(please print your name clearly)* grant permission to all of the foregoing to use my photograph, motion picture, recording, or any other record of this event for any legitimate purpose. No one may enter this event without signing this official waiver.

Participant Signature:

*(Guardian/Parent Signature if under age 18):*

Date Signed: