

The Turkey Trot 2k and 6k Cross Country Races

I am aware that a run of the distance and conditions specified for the specific event I am entering may be extremely difficult and hazardous for even well-conditioned athletes under the most favourable conditions. I am also aware of the risks of adverse weather conditions, which may accompany the event on the day of my participation. I understand that I should not participate in this event unless: 1) I am in excellent physical condition, 2) I have trained adequately for this event, and 3) I have no medical condition that might be worsened by vigorous activity. Knowing these facts, and in consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive, release and discharge the Ontario Roadrunners Association, Athletics Ontario, the London Pacers Running Club and all its officials, the City of London, all the various sponsors, the Race Director and their staff, agents, officials, volunteers (including medical volunteers) or any other person involved in this specific event, all government or private jurisdictions in which the specific event may take place including but not limited to the City of London, the London Pacers Running Club, the City of London Parks and Recreation from any and all claims of liability, for any and all injuries to me (including, but not limited to death), or my property arising out of, or in connection with, this event and covenant not to sue for damages with respect thereto. This release extends to all claims of every kind and nature whether foreseen or unforeseen, known or unknown, I declare that I am physically fit and sufficiently trained to participate in this event and assume all risks associated with such participation in such an event. Finally, I hereby grant my permission to the race organizers to use my name and any photographs, videotapes, recordings, or any record of my participation in this event for any purpose.

Signature _____

Date _____