Terrace Backyard Ultra Marathon Participant Waiver and Release of Liability

Event: Terrace Backyard Ultra Marathon  
Date: June 21st, 2025 @9:00am  
Location: Onion Lake Ski Trails, Terrace, British Columbia

By signing this waiver, I acknowledge that participating is my own choice, and I’m doing it at my own risk.

1. Acknowledgment of Risks

I understand that participating in the Terrace Backyard Ultra Marathon (the “Event”) involves inherent risks, including but not limited to:

* Physical injury (e.g., blisters, sprains, exhaustion, or tripping
* Environmental hazards (e.g., uneven trails, rocks, roots, or unexpected weather like rain, heat, or thunderstorm).
* Wildlife encounters (e.g., bears, moose, or overly curious squirrels).
* Potential for dehydration, fatigue, etc.
* Rare but serious emergencies (e.g., wildfire evacuation, medical issues)

2. Assumption of Risk

I voluntarily choose to participate in the Event and accept all risks associated with it, whether known or unknown, even if they arise from the negligence of the organizers, volunteers, or other participants (collectively, the “Released Parties”). I’m not here under duress

3. Release of Liability

I hereby release, waive, and discharge [Brett Casey], Snow Valley Nordic Ski Club, their officers, volunteers, sponsors, and any property owners (including the City of Terrace or Regional District of Kitimat-Stikine) from any and all liability, claims, demands, or causes of action arising from my participation in the Event.

4. Medical Condition and Emergency Authorization

I confirm that I’m in good health and have no medical conditions that would make running a risk.

5. Safety Rules and Compliance

I agree to follow all Event rules, including but not limited to:

* Starting each loop on time
* Staying on the designated 6.7 km course (no shortcuts through the bushes).
* Packing out my trash.
* Listening to organizers if they call it off due to wildfire, weather, etc. If I don’t comply, I can be pulled from the Event.

6. Weather and Cancellation

I understand the Event happens rain or shine, but the organizers can cancel or postpone it if Mother Nature does not cooperate.

7. Acknowledgment of Understanding

I’ve read this waiver, and I understand the risk. I’m signing it freely. I’m at least 19 years or have a parent/guardian co-signing if I’m younger.

Participant Name (Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name (if under 18): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Emergency Contact Phone: