



Run Nova Scotia Road Race Series Waiver

Race Particulars

Name of race: Friday Night Lights 5000

Location: Windsor, Nova Scotia

Date: August 1, 2025

Organizer: Crown Athletics (hereafter the "Organizer")

Understanding of Risk and Release of Responsibility

I, the undersigned, understand that participating in the above named Race(hereafter the "Race") is potentially dangerous. Weather, footing, vehicle traffic, and other conditions may be adverse and greatly increase the danger.

I certify that I am medically fit to participate in the Race and do not have any medical or other condition that could present a risk to myself or others as a result of my participation in the Race. I understand that I am solely responsible for my own safety.

In consideration for my being permitted to participate in the Race, I hereby remise, release and forever discharge, waive and save harmless, protect and indemnify the Organizer, Athletics Canada, Athletics Nova Scotia, Sport Nova Scotia, Run Nova Scotia, any and all related clubs, associations, sanctioning bodies, sponsors, participants, competitors, and entrants, and all of their respective agents, employees, contractors, officials, board members, volunteers, servants, and representatives (collectively the "Released Parties") from and against any and all actions, claims, costs, damages, expenses and demands in respect of any death, injury, loss or damage to my person or property howsoever caused as a result of my being permitted to attend or in any way take part prior to, during or subsequent to the Race, whether as an entrant, competitor, participant, spectator, volunteer or otherwise, notwithstanding that same may have been contributed to or occasioned by the acts, omissions, or negligence of any of the Released Parties.

Further, I hereby grant permission to the Released Parties to record and publish, without further consideration, my image, name, age, gender, city and province of residence, and Race result information publicly through any medium they so choose, from time to time. I acknowledge that all participants in the Race, including the undersigned, will be event members of Run Nova Scotia for the duration of the Race.

I acknowledge having read, understood and agreed to the above. This document will bind my heirs, executors, administrators, successors, and assigns.

On behalf of all registrants, by proceeding with the completion of the registration, I agree to the terms of the Run Nova Scotia Road Race Series Waiver.