



ACKNOWLEDGMENT, WAIVER & RELEASE FROM LIABILITY (AWRL)

ALL ATHLETES MUST READ AND SIGN. PLEASE READ CAREFULLY BEFORE SIGNING THIS ACKNOWLEDGEMENT, WAIVER AND RELEASE FROM LIABILITY.

I acknowledge that the Race For Passion ("this event") is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I ASSUME THE RISKS OF PARTICIPATING IN THIS EVENT.

I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised against participation by a qualified health professional. I acknowledge that my statements on this AWRL are being accepted and relied on by The PAAL Foundation and Universal Cafe Canada Ltd., in permitting me to participate in this event.

In consideration for allowing me to participate in this event, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I expressly acknowledge that it is my intent to take these actions:

- a) I am aware of the inherent dangers of participating in an adventure race, and I agree to abide by the rules established for this event,
- b) I WAIVE, RELEASE, AND DISCHARGE from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damage of any kind, including economic losses, which may in the future arise out of or relate to my participation in or my traveling to and from this event, THE FOLLOWING PERSONS OR ENTITIES: PAAL FOUNDATION, UNIVERSAL CAFE CANADA LTD, ROBERTO and NADIA VERGALITO, VOLUNTEERS, PROVINCE OF ONTARIO, NIAGARA REGION, CITY OF ST. CATHARINES AND ANY OTHER MUNICIPALITIES IN WHICH THIS EVENT OR SEGMENTS OF THIS EVENT ARE HELD, RACE SPONSORS, RACE ORGANIZERS, AND THE OFFICERS, DIRECTORS, EMPLOYEES, REPRESENTATIVES AND AGENTS OF ANY OF THE ABOVE;
- c) I ACKNOWLEDGE that there may be traffic or persons or animals on the course route, and I ASSUME THE RISK OF RUNNING, BIKING, COMPLETING ANY OBSTACLE COURSE or CHALLENGE, DRIVING or BEING PASSENGER IN A MOTOR VEHICLE, SPORTS SKILLS STATIONS, EATING CHALLENGES, OR OTHERWISE PARTICIPATING IN THIS EVENT.

I also ASSUME ANY AND ALL OTHER RISKS associated with participating in this event, including but not limited to falls, drowning, death, contact and/or effects with other participants, effects of weather including heat and/or humidity, defective equipment, the condition of the roads, water hazards, and any hazard that may be posed by spectators, volunteers, traffic, pedestrians and animals

I AGREE NOT TO SUE any of the persons or entities mentioned above in paragraph "(b)" for any of the claims, losses, or liabilities that I have waived, released, or discharged herein;

I AGREE TO RELEASE, INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned above in paragraph "(b)" from any and all claims made or liabilities assessed against them as a result of my actions or inactions;

I AGREE TO RELEASE the persons or entities mentioned above in paragraph "(b)" from any and all claims made or liabilities assessed against them based upon (i) the conditions of the facilities, equipment, or areas where the event or activity is being conducted, (ii) the actions, inactions, or negligence of others including those parties hereby released, and (iii) for any other harm caused by an occurrence related to a this event: and

I GRANT PERMISSION for the use of my name and/or likeness relating to my participation in this event, and I WAIVE all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name, image or likeness.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENTS.

PRINTNAME_____

SIGNATURE_____ DATE_____