

RELEASE AND WAIVER

In consideration of the **Calgary Hash House Harriers Running Club** (hereinafter called "CH3") permitting me to participate in activities organized, promoted or sanctioned by the CH3,

I _____
(name in full)

[Delete if not applicable] as guardian acting on behalf of _____ acknowledge and agree that:

1. a) I know my participation in CH3 activities involves dangers and risks, and I freely accept and voluntarily assume all consequences of those dangers and risks, whether I could foresee them or not, which may result by my participation in CH3 activities;
 - b) I release from liability and waive any and all recourse, causes of action, or claims for damages (including claims for damage arising from negligence or willful misconduct) which I may suffer (whether for death, personal injury, property damage, property loss, or any other types of damage) occurring as a direct or indirect result of CH3 activities, against each and all of:

the CH3; the elected executive of the CH3; all members of the CH3; any volunteers assisting with CH3 activities; and any employees, agents, heirs, executors, successors and assigns of any of these parties (all collectively called the "Released Parties")
 - c) my Release is binding on myself, and on my heirs, next-of kin, executors, administrators, personal representatives and assigns, if any;
 - d) the terms of this Release may be severed from each other, and the invalidity of a term will not affect the validity of the remaining terms;
2. I further acknowledge and agree that:
- a) I have read this Release completely and understand and agree to be bound by its terms;
 - b) I clearly understand that by signing this Release I am waiving certain legal rights which I may have against the Released Parties and I will be forever prevented from suing or otherwise claiming against the Released Parties in respect of those legal rights; and
 - c) I am signing this Release voluntarily without duress or undue influence from anyone.
3. [Delete if not applicable] I am executing this Release as guardian of _____,
(name of minor)
being an infant under the age of 18 years (the "minor") and acknowledge and confirm that:
- a) all of the terms contained above are made by me *on behalf of the minor* as his or her guardian; and
 - b) the minor is participating in CH3 activities with my full knowledge, consent and sanction and under my control, supervision and care at all times.

I CAN HURT MYSELF IF I WANT TO, AND IF I HURT MYSELF ITS MY OWN DAMN FAULT!

Date: _____
(signature / signature of guardian)

TO UPDATE OUR RECORDS:

Hash Handle: _____ Birthdate: (month) ____ (day) ____
Real Name: _____ Home phone _____
Address: _____ Work phone _____
Email _____