



**CANADIAN FOUNDATION FOR DIETETIC RESEARCH
LA FONDATION CANADIENNE DE LA RECHERCHE EN DIETETIQUE**

**RELEASE, WAIVER OF CLAIM AND ASSUMPTION OF RISK FORM
FOR CFDR FUN RUN, Friday, June 7, 2019**

I acknowledge and agree that running or walking is a potentially hazardous activity and that I must be medically able and properly trained to participate in the event.

I am fully aware that there are risks inherent to the event including, but not limited to, slips and falls, contact with others, weather conditions such as extreme heat or rain as well as course conditions. I am also fully aware that I may suffer personal injury, death or property loss and that all such risks are acknowledged and appreciated by me.

I hereby covenant not to sue, and hereby waive, release and discharge Dietitians of Canada (DC) and the Canadian Foundation for Dietetic Research (CFDR), the Event Coordinators, the committee, officials and volunteers working at the Fun Run, Race Sponsors, the City of Ottawa and other participants in the event and all their agents, employees, assigns or anyone else acting for or on their behalf (all hereinafter known as the "Releasees"), from and against any and all claims, expenses, causes of action in law for any death, personal injury or property damage of any kind due to my participation in this event. This Release, Waiver and Assumption of Risk covers all claims, foreseen or unforeseen, and is binding upon myself and anyone else who might claim on my behalf.

I hereby grant full permission to DC and CFDR and/or its authorized agents, to use any photographs, media, recordings or any other record of me in this event for any legitimate purpose as they pertain to the event.

I hereby acknowledge having read and fully understood this Release, Waiver and Assumption of Risk and accept its terms and conditions.