

# NO EGO CHALLENGE WAIVER AND RELEASE OF CLAIMS

**WARNING OF RISK, ASSUMPTION OF RISK AND CONSENT TO MEDICAL TREATMENT. All participants should read this document carefully before signing. This document has legal consequences and will affect your legal rights and limit or eliminate your ability to bring future legal actions.**

***Please read this document carefully and initial on each line after reading:***

\_\_\_ 1. I understand that entering the No Ego Challenge is a potentially hazardous activity. I acknowledge that the No Ego Challenge is an extreme test of my physical and mental limits that carries with it inherent risks of physical injury which cannot be completely eliminated.

\_\_\_ 2. I agree that it is my responsibility to determine whether I am sufficiently fit, healthy, skilled and physically trained to safely participate in the event. I hereby represent that on the day of the No Ego Challenge I am in good health and proper physical condition to safely participate. I certify that I have no known physical or mental conditions which would affect my ability to participate safely in the No Ego Challenge or would result in my participation creating a risk to myself or other participants. I understand that it is my responsibility to continually monitor my own physical and mental condition during the event and agree to withdraw immediately and notify the appropriate personnel if at any point my continued participation would create risk or danger to myself or other participants. I understand that I will not be reimbursed any portion of my fees if I withdraw without completing the event.

\_\_\_ 3. I agree not to consume alcohol prior to the No Ego Challenge or ingest any medicines or substances which might inhibit my mental or physical ability to safely and effectively participate in the No Ego Challenge. I understand that the No Ego Challenge is an extreme test of mental and physical fitness and take full responsibility for any decision to consume alcohol after the event. I assume full responsibility for any injury, loss or damage to myself or others associated with my consumption of alcohol and/or drugs at any point during the No Ego challenge.

\_\_\_ 4. I assume all risks associated with competing in the No Ego Challenge, including but not limited to my own actions or inactions, the actions or inactions of others (including participants, staff or spectators), falls, illness, infection, contact with others (including participants, staff, volunteers or spectators), completing any or all obstacles, premises defects or the effects of weather; all such risks being known and appreciated by me. I accept full responsibility for the condition and adequacy of my equipment. I assume all risks and take full responsibility for any and all damages, liabilities, losses or expenses that I incur during the completion of the No ego challenge.

\_\_\_ 5. I agree to become familiar with the rules of the No Ego Challenge and abide by these rules. I further agree to comply with all directions, instructions and decisions of No Ego Challenge personnel, including, but not limited to my safe participation in the No Ego Challenge.

\_\_\_ 6. I consent to emergency medical care and transportation in order to obtain treatment in the event of injury to me, as medical professionals may deem appropriate. I also understand that this Waiver and Release extends to any liability arising out of or in any way connected with the medical treatment and transportation provided in the event of an emergency. I agree to assume liability for any and all medical costs incurred. I agree to indemnify and hold harmless the released parties from all liability for costs.

\_\_\_ 7. I agree that No Ego Challenge is not responsible for any personal items or property that are lost, damaged or stolen at the No Ego Challenge.

\_\_\_ 8. I agree that all entry fee payments are final and non-refundable.

\_\_\_ 9. I consent to the use of my image in photographs, motion pictures or recordings taken at the No Ego Challenge for use in event marketing, advertising or promotion. I further understand that No Ego Challenge, as sole owner, has the full right to sell and/or profit from the commercial use of photographs, motion pictures or recordings.

\_\_\_ 10. I agree that No Ego Challenge reserves the right to cancel the race in the event of extreme weather, accidents, acts of war or terrorism, military conflicts or riots, or for any reason that, in No Ego Challenge' discretion, will protect the safety and security of the event participants and spectators. In the event of such cancellation, there will be no refund of my entry fee.

\_\_\_ 11. I understand and agree that I am expected to exhibit appropriate behaviour at all times, including obeying all laws. This includes respect for all people, equipment, facilities or property, and cooperative and positive participation. I understand that No Ego Challenge may dismiss me, without refund, should my behaviour endanger the safety of, or negatively affect the race or any person, facility or property. I agree to indemnify No Ego Challenge, its owners, officers, past and present employees, agents, volunteers and event sponsors for any and all third party claims caused in whole or in part my negligent or intentional acts or omissions.

## **WAIVER AND RELEASE OF ALL CLAIMS; ASSUMPTION OF RISK**

I recognize and acknowledge that there are certain risks of physical injury to participants in the No Ego Challenge, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of their severity, that I may sustain as a result of participation in the No Ego Challenge. I assume all risks and hazards incidental to participation in the No Ego Challenge, and I hereby waive , release, absolve, indemnify and agree to hold harmless No Ego Challenge, its officers, heirs, supervisors, administrators, representatives, volunteers and executors, firms, corporations, business, past and present employees, owners, agents, shareholders, volunteers, supervisors, participants and all sponsors, their representatives and successors, and other persons, for any claim arising out of injury to me and from any claims, causes of action, obligations, charges, complaints, contracts, controversies, covenants, agreements, promises, damages, costs, expenses, responsibilities, of whatever kind, nature, or description, whether direct or indirect, in law or in equity, in contract or in tort, or otherwise, whether known or unknown, arising out of, or connected with, my participation in the No Ego Challenge.

**\_\_\_ I have hereby read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.**

**First and last name of runner:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Age (must be over 18):** \_\_\_\_\_

**If you are signing on behalf of an Under 16 entry for the junior event, please add their name too.**