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WAIVER AND RELEASE

I wish to volunteer in support of the 11th Annual Glotman Simpson Cypress Challenge, benefiting the BC Cancer Foundation, scheduled to take place Friday, August 10, 2018, Saturday, August 11, 2018 and Sunday, August 12, 2018 (the "**Event**"). I acknowledge that I am aware of the rules and regulations of the Event and agree that I will abide by the rules and regulations of, and instructions provided by the organizers at, the Event, as well as all applicable laws and regulations.

I understand that volunteering in support of the Event, using public streets and facilities, and the use of and participation in services made available to volunteers during the Event is a potentially hazardous activity and can result in serious personal injury or death. I am aware of and expressly assume all risks associated with volunteering in support of the Event, including, without limitation, falls, contact with participants, objects, bicycles and vehicles, the effects of weather, traffic, and the conditions of the streets and routes used by the Event, and I assert that my participation in this Event is voluntary.

I attest that I am physically capable of, and understand that I should have trained for volunteering in support of the Event. If I am aware of or under treatment for any physical infirmity, ailment, or illness, my medical care provider has been apprised of, and has approved of, my volunteering in support of the Event. I acknowledge that I, and I alone, am solely responsible for my personal health and safety, and the personal property I bring to the Event. I consent to receive medical treatment which may be advisable in the event of illness or injuries suffered by me during the Event, and I agree to pay for the costs of any such medical treatment.

PLEASE READ CAREFULLY!

In consideration for being permitted to volunteer in support of the Event, I, for myself and for anyone entitled to act on my behalf, hereby waive and release from any and all claims and liability for any loss, damage, expense or injury, including death, that I have or may in the future have against the Glotman Simpson Cypress Challenge, Glotman Simpson Cycling, Glotman Simpson Consulting Engineers and the BC Cancer Foundation, any beneficiaries, sponsors (including, without limitation, the Event medical sponsor), officials, participating clubs, communities, organizations or friends of the Event, participants, volunteers, and their respective directors, officers, shareholders, members, employees, agents, representatives, successors or assigns (collectively, the "Releasees") arising out of the Event or my volunteering in support of the Event, due to any cause whatsoever, including negligence, carelessness, or recklessness (whether simple or gross), breach of contract or breach of any statutory or other duty of care on the part of any of the Releasees and including defective property or equipment owned, maintained, or controlled by any of the Releasees. I understand and agree that this Waiver and Release is binding on my heirs, survivors, assigns, executors, administrators and legal representatives.

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I agree that my volunteering in support of the Event is subject to the sole discretion of the organizers of the Event, and that my volunteering may be limited or terminated, with or without cause.

I represent and warrant that I will be at least 16 years old at the time of the Event. If I am under the age of 18 (meaning, if I am 16- or 17-years old) I understand that I will not be allowed to volunteer without being accompanied by a parent or guardian.

THIS WAIVER AND RELEASE SHALL BE INTERPRETED AND THE RIGHTS OF THE PARTIES DETERMINED UNDER THE LAW OF THE PROVINCE OF BRITISH COLUMBIA. THE BRITISH COLUMBIA COURTS SHALL HAVE EXCLUSIVE JURISDICTION FOR ANY DISPUTE ARISING UNDER, OR PERTAINING TO, THIS WAIVER AND RELEASE.

I have carefully read this Waiver and Release and fully understand its contents. I am aware that this is a waiver of rights and release of liability of the Releasees and a binding contract between me and the Releasees. I understand that I am giving up substantial rights that I, my heirs, survivors, assigns, executors, administrators or legal representatives may have, including the right to sue. In signing this Waiver and Release, I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of the Event other than what is set forth in this Waiver and Release.

I acknowledge that I am signing this Waiver and Release freely and voluntarily, and intend it by my signature to be a complete and unconditional waiver of rights against, and release of all liability of, the Releasees to the greatest extent allowed by law.