

**APPENDIX 4.
MANITOBA RUNNERS' ASSOCIATION
SAMPLE WAIVER**

ATHLETE'S WAIVER AND RELEASE

In consideration of the acceptance of this entry in the NAME OF EVENT I, for myself , my heirs, executors, administrators and assigns, waive any claims to which I may become entitled for injury or damage and release NAME SPONSORS and all other organizers, sponsors, representatives, their agents and employees and any other person or organization assisting in this event, including the Manitoba Runners' Association, Athletics Manitoba, the EVENT DIRECTOR, the City/town of _____, the Province of Manitoba, and their employees and agents and other participants and volunteers in the EVENT NAME, from any claims for damages or injury suffered by me as a result of my participation in this event. I further state that I am in proper physical condition to participate in the event and I am aware that road running is a potentially dangerous activity and am aware that participation could, in some circumstances, result in physical injury. I give my permission for the free use of my name and picture in broadcast, telecast or written account or this event.