

**CANADIAN FORCES BASE TRENTON  
SURF 'N TURF RELAY RACE  
WAIVER AND RELEASE**

**TO BE COMPLETED BY ALL PARTICIPANTS OVER 18 YEARS OF AGE:**

KNOW ALL PERSONS BY THESE PRESENTS that I, in consideration of the permission granted to me to participate in an activity or activities comprising the Annual Surf 'N Turf Relay Race, organized by Canadian Forces Base Trenton, consisting of a 7.5 km run, 4 km canoe, 15 km road bike, 5 km cross country run, 9 km mountain bike, 7.4 km run, 500 m swim and a 3.5 km sprint, starting at CFB Trenton and stretching into the Quinte West areas of Frankford, Batawa and Trenton, before returning to Canadian Forces Base Trenton, Ontario, do hereby, on behalf both of myself and any of my heirs or assigns, remise, release and forever discharge Her Majesty the Queen in Right of Canada, as well as any of the officers or non-commissioned members of Her Canadian Forces, civilian employees of the Department of National Defence, or any or Her other servants or agents, from all manner of action, claims or demands, of whatever kind or nature that I ever had, now have or can, shall or may hereafter have, by reason of death, injury or damage to or loss of property, as a result of or in any way arising out or in connection with my participation in or transportation in connection with, the said Surf 'N Turf Relay Race activity or activities.

I acknowledge that while all reasonable care will be taken to ensure that the said activities are conducted safely, no guarantee is held out that the said activities may be undertaken entirely without risk, and that I voluntarily assume responsibility for any risk associated with these activities.

I further acknowledge that, to my knowledge, there are no medical or physical factors which should prudently preclude my participation in the said activities.

I further certify that I have attained the age of 18 years.

In Witness Whereof I have hereunto set my hand and seal this \_\_\_\_\_ day of \_\_\_\_\_, 2011  
(Month) (Year)

\_\_\_\_\_  
(Signature of Participant)

\_\_\_\_\_  
(Signature of Witness)