

10 SHAWNIGAN LAKE ADVENTURE

presented by **CO-OP PENINSULA CO-OP**

Sunday, June 1, 2014

Shawnigan Lake Community Centre
2804 Shawnigan Lake Road, Shawnigan Lake

**Walk it!
Bike it!
Kayak it!
Geo it!**

- Register / Check in 7:30 am
Drop off pledges
- Warm Up 8:00 am
- Start Time 8:30 am



Brochure design supported by Zuk Design

hosted by  Cowichan Family Caregivers Support Society

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ROUTE ~ please check TCT = Trans Canada Trail

- 4k Family Walk to Kinsol Trestle on TCT
- 10k Walk to McGee Creek on TCT
- 14k Walk to Kinsol Trestle and McGee Creek
- 22k Shawnigan Lake Walk
- 27k Scenic Lake Walk (11k on TCT)
- 27k Bicycling 45k Bicycling 100k Bicycling
- 12k Kayak
- 5+k Geocaching

Individual

- \$15 Early Bird (until April 30)
- \$20 Adult (after April 30)
- \$10 Youth 18 or under
- Free Children 12 and under

TEAMS

Team Name _____

- I am the TEAM CAPTAIN
- I am a TEAM MEMBER
- \$15 Early Bird (until April 30)
- \$20 Adult (after April 30)
- \$10 Youth 18 or under
- Free Children 12 and under

BRING A FRIEND PROGRAM

- I am a FIRST-TIME participant. The friend who brought me is _____

PLEASE PRINT

NAME _____
MAILING ADDRESS _____
EMAIL _____
PHONE () _____

Waiver FEMALE MALE

RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Please note that by accepting this agreement, you give up the right to sue for any injury or damages, howsoever caused.

TO: Cowichan Family Caregivers Support Society ("the Organization") and its directors, officers, employees, representatives and agents (collectively called "the Agents"). I hereby accept this agreement on behalf of myself, my personal representatives, heirs and assigns.

1. I agree as a precondition to my participation in all events organized by "the Organization" and/or "the Agents" including, but not limited to: walking, cycling, kayaking, geocaching (collectively referred to as "the Activities") and in further consideration of "the Organization" allowing me to do so, that I will be strictly bound by the terms of this Release of Liability, Waiver of Claims, Assumption of Risk and Indemnity Agreement ("the Agreement").

2. I acknowledge that "the Activities" involve inherent risks and dangers that may cause serious injury and possible death to participants.

3. I fully understand the risks and dangers associated with my participation in "the Activities" and accept same entirely at my own risk.

4. I hereby waive any and all claims which I may have against "the Organization" and "the Agents" and release "the Organization" and "the Agents" from all liability for injury, death, property damage or any other loss sustained by me as a result of my participation in "the Activities", due to any cause whatsoever, including negligence, breach of contract, or breach of any statutory or other duty of care by "the Organization" and/or "the Agents".

5. I appreciate that "the Agreement" limits the liability of "the Agents" to the same extent as it limits the liability of "the Organization", even though "the Agents" are not formal parties to "the Agreement".

6. I am aware and agree that "the Organization" has made no warranties or representations respecting the suitability or condition of the routes.

7. I hereby consent to the collection of personal information. I give permission to publish my name and results and to use any photographs, in which I appear, to publicize the event.

Signature of Participant
or Guardian (if participant is under 19 years of age)

DATE

