

GottaRun Waiver

By signing below you agree to the following waiver:

- I wish to take part in a GottaRun program.
- I understand that the tour is a physical activity.
- I am physically fit. I understand my physical limitations and am sufficiently self-aware to stop physical activity before I become ill or injured.
- I have read and understood the questions on the the [PAR-Q form](#) and I have answered NO to all of the questions.
- I am aware that all streets adjoining the route are open to regular vehicular traffic.
- I will obey all traffic laws and regulations.
- I am aware no water stations exist on the routes.
- I understand that by signing below, I am waiving my right to assert any claim or cause of action against GottaRun and its holding company, D R Bonin Holdings, Inc. and Denise Bonin, personally, in my exchange for taking part in a GottaRun running tour.
- Authorize the use of pictures taken during your run for the GottaRun website, marketing or press purposes.
- Please Note, this waiver covers the undersigned participant that you are registering for intending to be legally bound, I do hereby, for myself, and my heirs, executors, and administrators, waive, release and forever discharge any and all rights or claims for damages which may have or which hereafter accrue to me against and all persons, organizations, and legal entities affiliated with GottaRun, and more particular to Denise Bonin, individually, and as a whole, together with their representatives, officers, agents, successors, assigns, and sponsors, for any and all damages which may be sustained or suffered by me in conjunction with my participation in, and/or arising out of my travel to, taking part in, or returning from a GottaRun program.

GottaRun
Denise Bonin
D.R. Bonin Holdings, Inc.

Signed by: (please print name):

51 Pirates Lane
Nanaimo, BC
V9R 6R1
250-816-5191

Signature:

denise@gottarun.ca
<http://GottaRun.ca>

Date:

Contact Information: (phone and/or email):

Please print this form, sign it and bring with you to the event or sign digitally and email back.