

RUNNERS OF COMPASSION – Nanaimo Chapter Registration Form

Deliver to:
ROC Nanaimo Chapter
PO Box 456
Lantzville BC V0R 2H0



Or drop off at Frontrunners
in the Longwood Station

Membership Dues:

- Family Membership \$30 I would like to become a member of ROC
 Individual Membership \$15 I am renewing my current membership

Name: (use other side for additional names)

Email Address:

1.	
2.	
3.	
4.	

Mailing Address:

Street City Postal Code

Phone Number:

Trail Running - Release, Waiver and Assumption of Risk (All members 19 years of age and older must sign the waiver)

Through our regularly scheduled Saturday morning Trail Runs, RoCNC has been able to expose 100's of people to the pleasures and rigors of trail running. The Saturday runs are structured in a group format (different tempo level for each group) that allows most runners to be able to get out and run for an hour or more at a pace that is comfortable for them. All of the ROC Nanaimo trail runs are led by an experienced back-country trail runner and all groups are followed by what is referred to as a sweeper. All of our Saturday runs are offered for No Charge to those that want to run.

- In consideration for allowing me to participate in any or all trail runs organized by Runners of Compassion - Nanaimo Chapter ("ROC"), I, on behalf of myself, my heirs, executors, administrators, successors and assigns do hereby waive and release ROC, its directors, members and volunteer run leaders (hereinafter called the Releasees) from any and all claims, actions, or rights of actions, together with any costs, including lawyers fees, that may be incurred as a result of any claim, whether valid or not, that I might have at any time against the Releasees, including any and all claims for damages caused by the negligence or otherwise of any of the Releasees, arising out of my participation in any trail run, or any of its related activities.
- I further agree to refrain from making any claim or demand, or from commencing, or permitting to be prosecuted, any action in law or equity against the Releasees by reason of, or on account of, any personal injury, disability, property damage, loss of services, loss of income, salary or wages, expenses or other damages of any kind that I have sustained or may hereafter sustain in relation to, arising from, or in any way connected with my participation in any trail run or its related activities.
- I further agree to indemnify and hold harmless the Releasees and each of them against any claim, action or right of action that any person or entity may have, or may assert, arising out of any action or inaction on my part during any trail run or its related activities.
- I understand and agree that I am familiar with the risks of serious injury and death that can occur while trail running. I understand and agree that trail running can be dangerous, exposing me to many risks and hazards of a man made and natural origin, some of which are inherent in the nature of the trail run itself, while others can arise from foreseeable human error and negligence.
- I am physically, emotionally and mentally able to complete any trail run I choose to participate in. I understand and agree that the extent to which I decide to participate in any trail run is solely my decision.
 - I understand that by signing this document I give up all the legal rights that I might otherwise have.
 - I have read this document thoroughly. I sign this document voluntarily and without inducement.

Print Name(s)

Signature(s)

Date