Waiver

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

TO: "Event organizers and Agents" for the Wild Soles Trail Running Series.

I, _____ hereby sign 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 "Event organizers and Agents" including, but not limited to **any and all races in the series** (collectively referred to as the "Activities") and in further consideration of the "Event organizers and Agents" 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 "Event organizers and Agents"and release the "Event organizers and 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 "Event organizers and Agents."

I AM 16 YEARS OF AGE OR OLDER, AND I HAVE READ AND UNDERSTAND "THE AGREEMENT," I UNDERSTAND THAT THIS DOCUMENT CONTAINS A PROMISE NOT TO SUE "EVENT ORGANIZERS AND AGENTS" AND THAT IT CONSTITUES A RELEASE OF LIABILITY AND AN INDEMNITY FOR ALL CLAIMS.

Participant Signature _____

Date _____

Witness Signature _____

Witness Name _____

IF I AM THE PARENT AND/OR LEGAL GUARDIAN OF THE PARTICIPANT, I HAVE READ AND UNDERSTAND AND AGREE TO EXECUTE "THE AGREEMENT" ON BEHALF OF CHILD/WARD, I HEREBY AGREE TO INDEMNIFY AND SAVE HARMLESS THE "EVENT ORGANIZERS AND AGENTS" FOR ANY AND ALL CLAIMS, BY OR ON BEHALF OF OUR SAID CHILD IN RESPECT OF, OR ARISING OUT OF, ANY NEGLIGENCE, BREACH OF CONTRACT, BREACH OF STATUTORY DUTY OF CARE AS IT RELATES TO ALL THE EVENTS ORGANIZED BY THE "EVENT ORGANIZERS."

Name of Child _____

Signature of Parent/Guardian _____

Date _____

Print Name _____

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Check out our facebook page for further details and information updates.

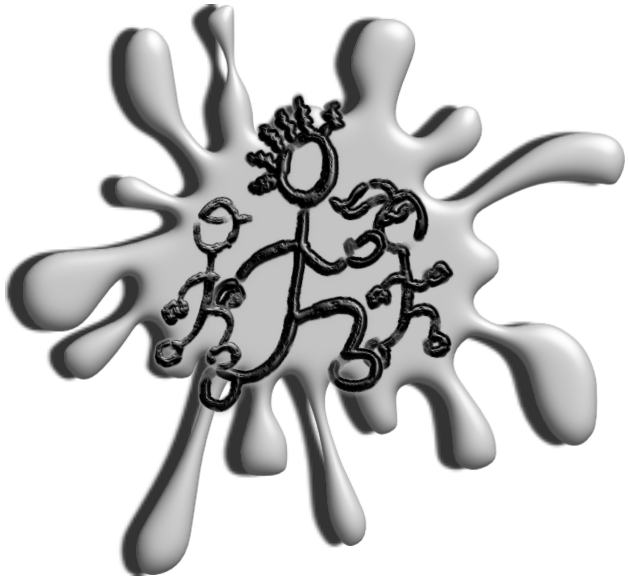
www.facebook.com/WildSolesTrailRunning

WILD SOLES 2012 TRAIL RUNNING SERIES

2 km & 5 km Fun Races

April 23 & 30

May 7 & 14



wildsolesinfo@gmail.com

www.facebook.com/WildSolesTrailRunning

Abbigail 250-832-7846

Marie 250-832-0200

The Shuswap's family-friendly trail running series

Take to the trails for this exciting new Shuswap running series. Have fun with family & friends as you discover the exceptional trail systems of our local parks.

Start Times

Registration	5:00 - 5:30 pm
2 km route	5:45 pm
5 km route	6:00 pm

Routes

Choose from 2 km or 5 km event at each location. Maps posted at events and on our facebook page. Routes will be clearly marked and marshaled by volunteers.

Refreshments

Water and snacks provided post-race. There are no aid stations on the courses. Please bring your own water bottles to fill.

Washrooms

Facilities located within walking distance of each event.

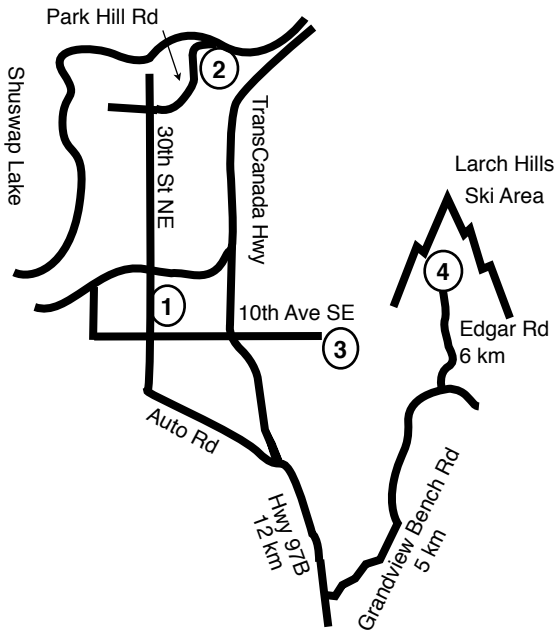
Results

Results will be available post-race at www.facebook.com/WildSolesTrailRunning

Volunteers

Volunteers are needed for timing, course marshalling and registration. Please contact us if you are able to help out.

Location Map



1) April 23 ~ Little Mtn

Starting on the Little Mountain playing fields, runners will quickly slip into the scenic woods. The route will begin with the lower trails, then, after the 2 km loop branches off, will ascend to the top of Little Mountain for a panoramic view of Shuswap Lake, the city of Salmon Arm, Mount Ida, Fly Hills, and the Salmon River valley. Runners will complete their tour of the Outer Loop trail before finishing on the Field of Dreams.

Park at Field House on 30th St. SE

2) April 30 ~ Park Hill

Take advantage of the recent work the Shuswap Trail Alliance has done to upgrade the network of trails above Canoe Beach. Runners will start at the ball diamonds on Canoe Beach road. 5 km runners will cross over Park Hill Rd (marshaled by volunteers) to explore the rolling trails with glimpses over Canoe Beach before looping back around to the ball diamonds.

Park at the ball diamonds at junction of Park Hill Rd and Canoe Beach Dr.

3) May 7 ~ South Canoe

Mountain bikers, runners, equestrian riders and skiers alike enjoy this vast network of trails at the base of Larch Hills. Runners will start and finish in the parking lot at the end of 10th Ave SE. After ascending Malibu trail, the 5 km runners will cross Metford Road and explore some of the newest single track in the area before traversing back across the popular Prudential Trail. An enjoyable winding descent will bring runners to the finish.

Park at end of 10th Ave. SE on east side of Hwy 97B past Klahani Park.

Draw Prizes at each event!

4) May 14 ~ Larch Hills

The region's premier Nordic ski area provides year round opportunity for recreational trail use. Runners will alternate between wider groomed routes and narrow single track 'backcountry' trails. Runners will ascend forested Ridge Run, then 5 km runners can stretch it out on the wider trails passing by the South Hub. The route will roll through wetland areas before returning via a quick descent of Devil's Lunge. Save a little for the final uphill finish beside the welcoming chalet.

Head south on Hwy 97B from Salmon Arm and turn left on Grandview Bench Rd. Follow the signs to Larch Hills ski area.

Registration

Pre-register at Cool Running or at event sites from 5:00 - 5:30 pm on race day.

Name _____

Date of Birth (mm/dd/yy) _____

Gender M ☐ F ☐

Address _____

_____

_____

Phone Number ( ) _____

Email _____

Emergency Contact

Name: _____

Number: ( ) _____

☐ April 23: Little Mountain ~ $5
☐ April 30: Park Hill ~ $5
☐ May 7: South Canoe ~ $5
☐ May 14: Larch Hills ~ $5

Maximum of $20 per race per family

Total Fees: $ _____

(Please make cheques payable to Wild Soles)

Register for all 4 events and your name will be entered in a draw for running shoes from Cool Running!