

Release, Waiver and Indemnity Agreement

I acknowledge that if I choose to participate in the Event by walking independently at a location of my choosing—without any support or security measures in place by TAKE IT IN STRIDES—I am engaging in a potentially hazardous activity that could result in injury or death.

By registering for the Event, I confirm that I have READ, UNDERSTOOD, AND AGREE to this RELEASE, WAIVER, AND INDEMNITY AGREEMENT, and I WARRANT that I am physically capable of participating in the Event. I further consent to receive emergency medical treatment in the event of injury or illness.

For good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged, I irrevocably transfer and assign to TAKE IT IN STRIDES all rights, title, and interest in perpetuity to any photographs, video footage, audio recordings, or other media (whether now known or hereafter developed) taken of me or my child/children during the Event. This includes all media captured for promotional or marketing purposes to be used on a worldwide, perpetual basis through the following channels:

- takeitinstridesrun.com and its subdomains
- Email marketing
- Social media platforms
- Digital advertising and online content



This includes the right to reproduce and use my or my child's image, voice, or likeness for lawful promotional or informational purposes in all formats, including but not limited to print, web, social media, and digital communications. If I am under the age of majority in my province, I confirm I have obtained parental or guardian consent.

I also consent to receive email updates about this event and related programs from TAKE IT IN STRIDES. We respect your privacy—please refer to our privacy policy at takeitinstridesrun.com for more information.

By registering for the TAKE IT IN STRIDES Run/Walk, I acknowledge that:

- 50% of proceeds will be donated to the Canadian Mental Health Association (Thunder Bay)
- 50% will support The Children's Centre Foundation (Thunder Bay)
- Fundraising dollars will not be designated for use outside of TAKE IT IN STRIDES.

I further acknowledge that participation in the TAKE IT IN STRIDES Run/Walk (the “Event”) involves inherent risks. By registering, I acknowledge and agree that:

- My participation in the Event is entirely voluntary.
- I am in good physical condition and have no known health concerns that would prevent my safe participation.
- I am solely responsible for my own safety and the safety of any minors in my care throughout the Event.
- I will immediately discontinue participation if requested to do so by an authorized representative of TAKE IT IN STRIDES.
- I voluntarily assume all risks, including those that may result in injury, illness, or death, associated with participation in the Event.

I confirm that TAKE IT IN STRIDES, its affiliates, sponsors, directors, officers, employees, agents, and the City of Thunder Bay (collectively, the “Releasees”) have made no guarantees or representations about the safety of the Event.

In consideration of my registration and participation, I, on behalf of myself, my heirs, executors, administrators, and assigns, hereby RELEASE, WAIVE, AND FOREVER DISCHARGE the Releasees from any and all claims, liabilities, demands, losses, damages, costs, expenses, actions, and causes of action—whether known or unknown, in law, equity, or otherwise—arising out of or related to my participation in the Event, even if caused in whole or in part by the negligence of the Releasees (“Claims”).

I further agree to HOLD HARMLESS AND INDEMNIFY the Releasees to the fullest extent permitted by law, against any and all Claims, including legal fees and costs, arising from or connected to my participation in the Event.

Finally, I agree not to commence any claim or proceeding against any third party who may seek contribution or indemnity from the Releasees in respect of any such Claim.

SIGN: _____ PRINT: _____

DATE: _____