

# 2009 TAO Rum Runners Relay

Saturday, September 26, 2009

Team name: \_\_\_\_\_

Rationale for team name (optional): \_\_\_\_\_

Team Captain: \_\_\_\_\_

Team Captain's phone number: \_\_\_\_\_

Team Captain's e-mail address: \_\_\_\_\_

Our team would like to take care of a water stop on Leg # \_\_\_\_\_

## The Team Captain must:

- Ensure that all team runners, and support crew members, are aware of the rules associated with participating in the 2009 TAO Rum Runners Relay and understand that teams can be disqualified, and asked to leave the event, for violation of the rules.
- Ensure that all runners on the team sign a waiver form prior to participating in the Relay.
- Ensure that any member of the team who is under 18 years of age has a parent or guardian sign the waiver form on her/his behalf and be responsible for that person during the running of the Relay.
- Ensure that the completed waiver sheet is in the possession of the Relay organizers by Wednesday, September 23, 2009. (Changes/additions can be made to the names on the waiver form, or leg assignments, on the day of the event if required.)

Send completed form to: Nancy Holland  
27 Forest Road  
Dartmouth, NS B3A 2M4  
nholland@ns.sympatico.ca

Or fax to: Mark Stein (902) 420-9291

# 2009 TAO Rum Runners Relay Waiver Form

## Saturday, September 26, 2009

### Understanding of risk and release of responsibility

I understand that participating in a foot race is a potentially dangerous thing. Further, that the weather, footing and vehicular traffic conditions may be adverse and greatly increase the danger. I certify that I am medically fit to participate and have sufficiently trained for the 2009 TAO Rum Runners Relay such to be able to maintain a minimum of a 10:00 per mile pace, and participate without risk to myself. I will follow the event rules and regulations and understand that I am totally responsible for my own safety at all times and that the providing of route marshals, police or other traffic control methods in no way removes or reduces the responsibility from me to ensure my own safety. Therefore, in consideration of my being permitted to participate as an entrant or competitor in this event, I for myself, my heirs, executors, administrators, successors and assigns release, hold harmless, protect and keep indemnified, TAO Rum Runners Relay organizers, The Adventure Outfitters, Athletics Canada, Athletics Nova Scotia, Sport Nova Scotia, Run Nova Scotia, any and all clubs, associations, sanctioning bodies, sponsoring corporations, sponsors, participants, competitors, entrants, volunteers, and all other agents, officials, servants and representatives from and against any and all actions, claims, costs and expenses, or demands in respect to death, injury, loss or damage to my person or property howsoever caused arising out of my participation in, attendance at or in any way taking part in, prior to or subsequent to the race whether as an entrant, competitor, participant, or spectator and not withstanding that the same may have been contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. By my signature I verify that I have read, understand and agree to be bound by the contents of the entire waiver, and intend to be legally bound by its terms.

<b>Name of participating runner</b>	<b>Signature</b> (parent or guardian printed name and signature if runner is under 18 years of age)	<b>TEAM #:</b> _____	
(Please <b>PRINT</b> legibly)		<b>Leg #</b>	<b>Date</b>
