



POLAR BEAR RUN • GIMLI • GRAND BEACH • POLAR BEAR RUN • GIMLI • GRAND BEACH • POLAR BEAR RUN • GIMLI • GRAND BEACH



24th Annual Polar Bear

Polar Bear Run / Bike Application Form and Waiver of Liability

Name: Age: Gender:

Email: Contact Phone:

Running/Biking? Normal Pace: miles/hr?

Single or Double Crossing?

Emergency Contact: Phone:

In consideration of the services of organizers, volunteers and sponsors of the Polar Bear Run, and all other persons or entities associated with those persons or businesses (hereinafter collectively referred to as "Polar Bear Run Organizers") I agree as follows:

Although the Polar Bear Run Organizers have taken reasonable steps to provide me with appropriate information, skilled event directors, and volunteers for the Polar Bear Run (approximately 18 miles each way) so I can enjoy this activity for which I may not be skilled and the Polar Bear Run Organizers have informed me this activity is not without risk. Certain risks are inherent in this activity, the Polar Bear Run, including and cannot be eliminated without destroying the unique character of the activity. These inherent risks are some of the same elements that contribute to the unique character of this activity and can be the cause of loss or damage to my equipment, or accidental injury, illness, or in extreme cases, permanent trauma or death. The Polar Bear Run Organizers do not want to frighten me or reduce my enthusiasm

for this activity, but believes it is important for me to know in advance what to expect and to be informed of the inherent risks. The following describes some, but not all, of those risks.

- i) A distance of approximate 18 miles with limited support, each participant should be prepared as if this is an unsupported event. Participants need to carry their own water and nutrient supplements.
- ii) A course over a frozen body of water which in certain weather conditions may restrict the visibility of the course and the visibility of the natural landmarks. Each participant agrees to run in running/biking groups of similar pace. Each participant should include with their personal equipment such navigation equipment necessary to guide themselves to the finish/starting points.
- iii) The ice surface is subject to expansion and contractions creating open water cracks across the running/biking route. Participants must cross such cracks in their designated groups and be cautious that the ice surface in the crack may not be sufficient to bear their weight.
- iv) The open ice surface provides no wind shelter. Weather conditions including temperature and the velocity and direction of the wind may change during course of the event. Participants need to equip themselves accordingly to compensate for the changing weather conditions.

I am aware that Polar Bear Run entails risks of injury or death to any participant. I understand the description of these inherent risks is not complete and that other unknown or unanticipated inherent risks may result in injury or death. I agree to assume and accept full responsibility for the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with full knowledge of the inherent risks.

I acknowledge that engaging in this activity may require a degree of skill and knowledge different than other activities and that I have responsibilities as a participant. I acknowledge that the Polar Bear Run Organizers have been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity. I acknowledge that I have read information provided by the Polar Bear Run Organizers that is related to the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

I certify that I am fully capable of participating in this activity. Therefore, I assume and accept full responsibility for myself, including all minor children in my care, custody, and control, for bodily injury, death or loss of personal property and expenses as a result of those inherent risks and dangers identified herein and those inherent risks and dangers not specifically identified, and as a result of my negligence in participating in this activity.

I have carefully read, clearly understood and accepted the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon myself, my heirs, assigns, personal representative and estate and for all members of my family, including minor children.

Participant

Signature Date