

**WAIVER,RELEASE AND ACKNOWLEDGEMENT OF RISK** - I acknowledge that participation in the sport of off-road triathlon / duathlon might result in personal injury to myself due to the endurance nature of the sport and the inherent risks associated with trail running / hiking / walking / biking on uneven ground with rocks, roots and other wildlife hazards present.

In consideration of my acceptance of entry into this event, I accept these risks during my participation in the XTERRA Canmore Off-road Triathlon & Duathlon on August 16, 2015. I agree that **Grizzly Mountain Events Inc, Town Of Canmore and Rocky Mountain Heritage Foundation** directors, officers, employees, coaches, volunteers, members, and agents shall not be liable for any personal injury or loss I might suffer from any such participation, unless such loss shall be caused by the negligence of any one or more of the above-named whilst acting within the scope of their duties.

Print Full Name	Signature	Date
	ears of age. I agree to my child p nave instructed my child of the ri	
Print Child Full Name	Parent Signature	 Date