



Please complete, scan in and email to goodlife@vermilion.ca

2026 The Race of Vermilion Waiver Form

I, (applicant) _____, wish to participate in The Race of Vermilion hosted and supervised by The Good Life Institute of Vermilion. By signing and participating in this event:

I understand and acknowledge that there may be particular risks, hazards and dangers associated with my participation, any one of which could result in me sustaining personal and/or bodily injury. I accept that the hazards and risks associated with this activity are those over which The Good Life Institute has no control. I acknowledge that I do not have any medical conditions which would prevent me from participating in a fitness class / physical activity.

I acknowledge that I will treat all sites, equipment, and individuals involved with The Race of Vermilion with the utmost respect. If damage is done to property or a housing facility, the responsibility will be that of the perpetrating individual.

I agree not to hold The Good Life Institute, or the directors, officers, employees, volunteers, associated institutions or their agents, Race sites, participating businesses / institutions, and / or facility housing, responsible for injuries or illness, including death, that I might sustain in connection with my participation. Additionally, the participant agrees to protect, save and hold harmless the aforementioned parties from any loss, liability and/or damage whatsoever, caused any part thereof directly or indirectly.

I acknowledge that the personal information collected under the authority of Section 32 (c) of the Freedom of Information and Protection of Privacy Act is required for registration purposes may be added to a mailing list for The Good Life Institute. This letter confirms the agreement between you and The Good Life Institute regarding your participation in approved activities in which you may be photographed or videotaped (the Property) from time to time. For valuable consideration received, you hereby irrevocably grant to The Good Life Institute perpetually, exclusively, and for all media throughout the world (including print, non-theatrical, home video, CD-ROM, internet and any other electronic medium presently in existence or invented in the future), the right to use and incorporate (alone or together with other materials), in whole or in part, photographs or video footage taken of you as a result of your participation in approved activities of The Good Life Institute. You hereby agree that you will not bring or consent to others bringing claim or action against The Good Life Institute on the grounds that anything contained in the Property, or in the advertising and publicity used in connection herewith, is defamatory, reflects adversely on you, violates any other right whatsoever, including without limitation, rights of privacy and publicity. You hereby release The Good Life Institute, its directors, officers, successors and assigns from and against any and all claims, demands, actions, causes of actions, suits, costs, expenses, liabilities, and damages whatsoever that you may hereafter have against The Good Life Institute in connection with the Property. This agreement shall not obligate The Good Life Institute to use the Property or to use any of the rights granted hereunder, or to prepare, produce, exhibit, distribute or exploit the Property. The Good Life Institute shall have the right to assign its rights hereunder, without your consent, in whole or in part, to any person, firm or corporation.

I FULLY UNDERSTAND THE TERMS OF THIS WAIVER AND RELEASE FORM AND HAVE SIGNED IT VOLUNTARILY.

If the person is under 18 years of age, complete the following, which must signed by a parent or legal guardian.

(Guardian's Name) _____, I am the (Relationship) _____ of

(Minor's Name) _____ with full parental rights and authority, and I have read and understood the 2026 The Race of Vermilion Waiver. I hereby consent to, join in and approve that Waiver Form and will ensure that my child honors his/her obligations.

Date: _____

Cell #: _____

Signature of Participant / Guardian

Name of Participant (*please print*)

Name of Town / City you are from

Email Address

Participant Preparation for The Race of Vermilion

March 14, 2026

Race Registration from 10 a.m. until 11 a.m.

Race Participation from 11 a.m. until 5 p.m.

Race Wrap Up and Supper from 5 p.m. on

Registration, along with payment, must be received no later than March 10, 2026.

Payment of \$55 + gst /person includes being a race participant and supper.

4 people per team

Waivers: Please ensure that all team members complete the required waiver forms. This can be completed electronically on our website, printed off and emailed or brought in with you the day of the event.

Start Time: The starting point of the race will be at Vermilion Regional Center, located at 5702 College Drive, Vermilion. We will be checking in teams from 10:00 a.m. until 10:45 a.m. You will need to check in your team and have your waiver forms completed if they have not already been turned in. In turn for your registration, you will receive your team's first clue. Instructions will be received at 10:45 a.m. Race will begin at 11 a.m.

Structure: Sites are organized at multiple locations throughout the town of Vermilion. You will require a vehicle to gain access to all of the sites. We recommend one vehicle that is able to fit all four individuals. At the beginning of the race, we will provide each team with an envelope that has clues to the multiple local sites. The clues do not need to be completed in order, but you will have to receive validation at the completion of each. Your team CANNOT SPLIT UP TO COMPLETE SITES. The clues do not have to be completed in a followed circuit. It is the determination of each team on the order they wish to complete the clues. Most sites will be available for only one team to complete at a time, which is done through a first come, first serve basis. The day is composed of clues, detours and competitions. Some of the events may only require completion by one individual and others may be an entire team task, but you will not be granted successful site completion unless deemed by the site supervisor. There is an array of sites that will require differing sets of skills, both mental and physical. There will be site supervisors to provide you with instructions at each location. Your team has concluded the race either at 5 p.m. OR upon receiving confirmation that you have completed all sites and detours, whichever comes first. If no teams manage to complete the race by 5 p.m., the winner is determined by the most amount of sites successfully completed. In the event of a tie, there will be a face off of the teams at the end destination. The end destination upon conclusion of the race is back at the Vermilion Regional Center. You're welcome to invite family and friends to join you at this destination. This needs to be **prepaid** either online or at the town office (cost of \$25 + gst for supper). The winning team and verification of your completed events will take place during this time, along with any additional prize, as well as a slideshow of the day's event.

Teams: We will require all the names of the participants, as well as a team name. It is strongly recommended to dress as a team (prizes will be available), though it is not a requirement.

Checklist: Please bring the following items with you the day of, to ensure that you have a successful race.

- Weather appropriate clothing (there will be some events taking place outdoors)
- Swimwear
- Comfortable, safe shoes
- Waiver forms
- Pack along a lunch, including snacks and beverages