

RELEASE, INDEMNITY, WAIVER, CONSENT, AND ASSUMPTION OF RISK
(Must include witness signature)

- A. I, _____; (use A if 18 years or older) or
B. I/We, _____ (use B if participant is under 18 years) being the parent(s)/legal guardian(s) of _____ (herein "my/our child"), hereby acknowledge and agree that, in consideration of:

A. my participation; or B. the participation of _____

in cycling programs, races or activities, whether occurring in the near or distant future, organized, operated or permitted by Canadian Cycling Association ("CCA ") and Ontario Cycling Association ("OCA "), or both ("Associations ") or to which either has issued a permit ("Programs "):

1. I/we release the Associations, their members, officers, directors, employees, independent contractors, agents, affiliated clubs and associations, and volunteers ("Releasees") from all liability, recourse, proceedings, claims, and causes of action of any kind whatsoever, in respect of all damages, personal injuries, death, or property losses ("Loss" or "Losses") which I/we may suffer arising out preparation for or participation in Programs ("Participation"), notwithstanding that any Loss was caused solely or partly by negligence of any Releasee.

2. I/we agree to indemnify and hold harmless Releasees from any and all damages or losses as a result of any claim, demand, cause of action including those involving negligence that may be made or initiated by, or on behalf of my/our child, arising out of my/our child's Participation.

3. I/we acknowledge and agree that:

(a) cycling exposes participants to many risks and hazards ("Risks and Hazards "), some which are foreseeable, some of which are not;

(b) as a result of Risks and Hazards, I/we or my/our child as a participant may suffer serious personal injury, even death, as well as property loss;

(c) I/we freely and voluntarily assume all Risks and Hazards, and that my or my/our child's Participation is entirely at my/our own risk;

(d) no Releasee assumes any responsibility for my safety or the safety of my/our child during the course of Participation;

(e) I/we have read this document, fully understand it, and am/are voluntarily signing it;

(f) I/we will be forever prevented from suing or otherwise claiming against any Releasee for any loss or damage connected with any property loss or personal injury I/we sustain during Participation;

(g) I have been given opportunity and encouragement to seek independent legal advice prior to signing this document;

(h) the Associations would not permit Participation by me or my/our child unless I signed this document, which need not be brought to my attention for each Participation; and

(i) this document is binding on myself, my heirs, my executors, administrators, personal representatives and assigns.

Date: _____/_____/2007

Applicant's Signature (I am 18 years old or older: if not, Parent(s) or Legal Guardian(s) must also sign below)

Parent's(s) or Legal Guardian's(s) Signature

Relationship: Parent(s) X Legal Guardian(s) X

Witness Signature (MANDATORY)

Print Name (of witness)