

RACER INFORMATION PACKAGE



September 28, 2019

www.mindovermountain.com

#MOMARcumby

Atmosphere Mind Over Mountain Adventure Race

RACER INFO PACKAGE: CUMBERLAND

SEPTEMBER 28, 2019

1. WELCOME TO THE MOMAR!

Welcome to the 20th season and 40th edition of the Atmosphere Mind Over Mountain Adventure Race! This year marks a big milestone in and we're excited to celebrate the occasion with all of the 700+ racers! Thank you for committing your time and training to being part of Canada's largest adventure race!

We have another amazing course ready for you that includes a scenic paddle, a challenging trek, an grin-inducing mountain bike ride, and one special stage that will likely factor heavily in how teams do in the race.

And after you finish racing, you will be celebrating your accomplishments at the infamous MOMAR awards dinner and after-party. The night starts with a gourmet meal, followed by the awards ceremony and then we head downstairs to Fat Teddy's to party the night away. We have booked a great party band and they are going to keep the dance floor rocking all night long.

This is also the race where we will be giving away some big prizing from all of our amazing sponsors--a few people will be going home very happy!

In an effort to reduce congestion at Friday Night Registration, we have also included the Race Waivers (x2) for you to fill out beforehand. **Team Captains are responsible for ensuring all member of their team receive this package and have their forms completed. You MUST bring these forms with you to registration.**

The rest of this document has all the information you need to get you to the start line of the MOMAR. Please read this thoroughly and if you are still unsure about some aspect of the race email me at info@mindovermountain.com for more details

They say that in adventure racing, one of the toughest parts is just getting your team to the start line; hopefully, this package will make it much easier.

Cheers,

Bryan Tasaka
Principal | Event Director

2. SCHEDULE OF EVENTS:

Friday, September 27th	
5:00pm – 9:30pm	Mandatory Friday night racer registration at the Riding Fool Hostel.
Saturday, September 28th	
6:30 am – 9:30am	BIKE DROP: On Friday Night, you will be told where to drop your bike prior to going to the start line. HINT: The bike drop will NOT be where you start the race. You must also attach the race number plate to your handlebars. The bike transition area opens at 6:30am and you should arrive with enough time to setup your bike and then board the shuttle bus back to the start line. Note, if you're doing the Enduro, drop your bikes off early; if you're doing the Sport then you can drop it off later. Plan your schedule accordingly.
Beginning at 6:45am	SHUTTLE BUS: Shuttle bus service begins from the bike transition zone to the Cumberland Lake Park Campground. Due to <u>very limited parking</u> , all racers are required to use the shuttle bus to get them to the start line. You will find out the shuttle pickup location on Friday night. Friends and family are allowed to take the shuttle bus; however, priority will be giving to racers first. NEW for this year is that we are keeping out shuttles on until 12pm which means that if your friends and family do get a ride to the lake, they can now get a ride back. Parking is extremely limited at the Lake so we encourage your friends to use the shuttle.
7:00 am for the Enduros 8:30 for the Sport	KAYAK DROP: If you are bringing your own kayak, then you must take it to the Cumberland Lake Park Campground. There will be a designated area called the "Personal Kayak Zone" where you will drop off your boat. Make sure all your personal gear is clearly labeled with your race number. You should do this first before you drop off your bike. All of the kayak companies that are bringing boats directly to the race start will have them on the beach and ready by 7:30am.
7:30 am	Check in and maps released for the Enduro Course
8:30 am	Team captain safety meeting for the Enduro Course
8:45 am	Group photo (Sport AND Enduro Racers, volunteers too) at the beach.
9:00 am	Enduro Course Race starts at the Cumberland Lake Park Campground
9:05 am	Check in & Maps released for the Sport Course
9:30 am	Last shuttle departs from the bike transition zone
9:45 am	Team captain safety meeting for the Sport Course
10:30 am	Sport Course Race starts at the Cumberland Lake Park Campground
5:00 pm	Race course closes. Anyone who does not finish by 5pm will be disqualified.
6:00 pm	If you left a boat or paddle equipment in the Personal Kayak Zone, then you must pick it up by 6:00 pm. We will have someone watching the gear during the day and you must show your bib number to claim your gear.
6:30 pm	Banquet doors open – Mt. Washington Alpine Resort – Whiskey Jack (main lodge)
7:00 pm	Dinner is served
8:30 pm	Award ceremony in the Whiskey Jack
9:15 pm – 1:00am	MOMAR Dance Party at Fat Teddy's Bar & Grill

3. HOW TO GET TO THE RACE

How to get to the Riding Fool Hostel for Friday night check-in

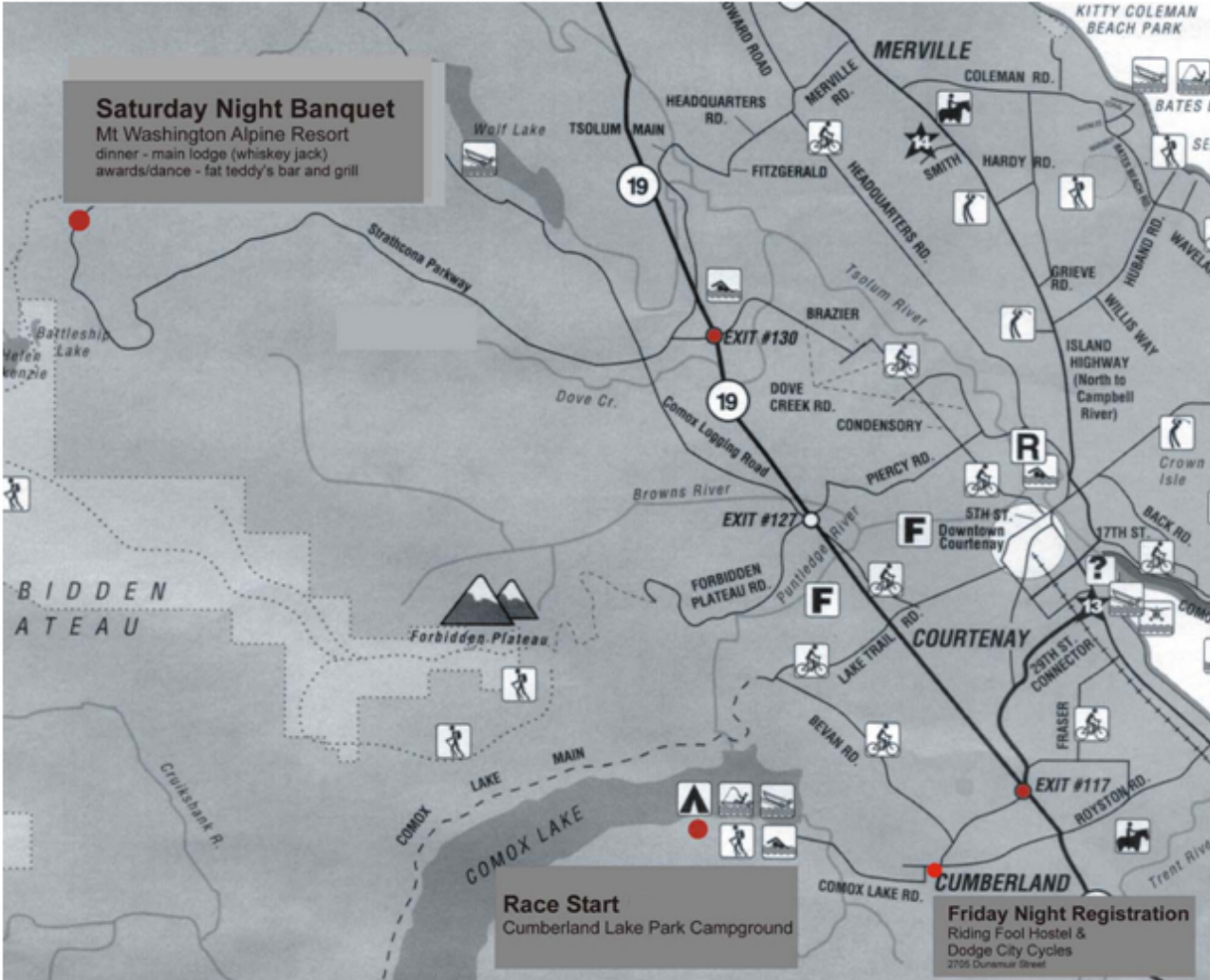
Take Exit 117 West from the Island Highway and head towards Cumberland. Follow the signs to Cumberland and make a right on Dunsmuir Street. The Riding Fool Hostel is above Dodge City Cycles on the left. [Click here for a google map.](#)

How to get to the race Start/Finish?

The race start will be at the Cumberland Lake Park Campground just outside of Cumberland. Take Exit 117 West from the Island Highway and head towards Cumberland. Follow the signs to Cumberland and the Cumberland Lake Park Campground. The campground is located at the end of Comox Lake Road.

How to get to the Awards Dinner & MOMAR After-Party

The post race banquet will be held at the main lodge at Mt. Washington Alpine Resort in the Whiskey Jack banquet hall.



4. WHERE TO STAY

We recommend the following accommodation options:

- [Cumberland Lake Park Campground](#) - 250-336-8593
- [Mt Washington accommodations](#) - 1-877-845-4499

NOTE: For the Saturday night, you definitely want to stay on Mt. Washington as this is where the banquet will be. All accommodations on Mt. Washington are a short walk to the banquet. The majority of racers book a place on the mountain. Please note that it's a 30 minute drive from Cumberland to Mt. Washington.

5. FERRY INFORMATION

If you are coming from the mainland, you will need to take a ferry to Vancouver Island. Ferry service is provided by BC Ferries and departs from Horseshoe Bay in West Vancouver and Tsawwassen. We highly recommend that you make a ferry reservation weeks in advance as the ferries are busy on Friday and Sunday. Plan your ferry trip and account for delays, sailing waits, and drive time to Cumberland. For more information go to www.bcferrries.com.

Racers coming from the USA, can take a ferry from Anacortes or Port Angeles to Victoria. The scenic drive from Victoria to Cumberland is approximately 2.5 hours.

6. FRIDAY NIGHT REGISTRATION PARTY

The first stop of the MOMAR experience begins at the Riding Fool Hostel with the Friday Night Registration Party. Not only is this the time to pick up your race number, swag and final instructions, but it's also a chance to shop for some new MOMAR merch, buy a beer, meet other racers, and a team photo.

Hoyne Brewery will be selling ice cold beer (Dark Matter & Hoyne Pilsner) for \$5 with net proceeds going to support the Cumberland Community Forest Society.

Please note that the lineups are the longest early on so you may want to get dinner first and come a bit later. One person from your team can come and check in your entire team but they **MUST** bring copies of your signed waivers. We recommend you make plans to have your pre-race dinner at one of the many excellent restaurants in Cumberland. Specifically, we encourage you to visit **Riders Pizza** and the **Waverly Pub** – two of our amazing community sponsors. Both are a block away from the Riding Fool Hostel.

7. GENERAL RACE COURSE INFORMATION

The course is approximately 30km for the Sport Course and 50km for the Enduro Course. Each course will feature plenty of elevation gain and loss that racers have come to expect from a MOMAR. We expect the first racers to finish the Sport Course in 3.5 hours and the Enduro Course in 4.5 hours.

a. Maps

The official course map will be given out on race morning at 7:30am for the Enduro Course and 9:05am for the Sport course. The map is NOT waterproof so you will need to keep this dry at all times; be sure to have a good map bag.

b. Paddle Stage

All paddling will take place in on Comox Lake. Any non-oar locked water craft is permitted including kayaks, canoes, and outriggers. SUPs are allowed only if you can maintain a pace that allows you to stay with the main pack. Racers must wear an approved PFD at all times and have a whistle easily accessible.

The beach where the boats will be launched is sandy and/or pebbly. Since the majority of boats are rentals, racers must be respectful and not damage the kayak. Racers are NOT to ram kayaks into the beach. Course officials will be on-site and anyone caught in violation of this rule (ramming their kayak on the beach) will be assessed a 60 minute penalty.

Once you are on the beach, racers must carry their kayak up the beach to the designated spot of your rental company. There will be a "Personal Kayak Zone" for racers that have brought their own boats. Aside from your PFD, paddles, and other kayak specific gear, please do not leave any personal items in the kayak after the paddling stage.

If you are renting a kayak but have your own PFD and paddle, we will have a secured area to store them for you (please label all gear) or it is permitted to make arrangements with a friend to take them from you.

There will be a secured area on the beach for anyone who will be bringing their own kayak. Once you have finished the race, you will have to go back to the beach to retrieve your boat. You must pick up your boat by 6:00 pm. **Please LABEL all your personal gear (e.g. paddles, PFD, etc) with your race number.**

c. Trek Stages

The trekking stages will mostly be on trails and logging roads. You may have to do some off trail trekking too. Wear sturdy shoes and watch your footing especially if it's wet. Expect to be on your feet for 10km for the Sport Course and 15km for the Enduro Course. 100% of the trek will require you to self-navigate.

d. Mountain Bike Stage

Cumberland has unbelievable single-track for all abilities. This course has sections of gravel road, double track, easy single track, and a few intermediate to advanced cross-country trails. If mountain biking is your strength, then you're going to love this course! Portions of the mountain bike stage will be flagged and other not. Read your CP Description sheet for more details. Total ride will be approximately 15km for the Sport Course and 25km for the Enduro Course.

e. Navigation

This race will require skills in map reading and navigation. The map will indicate the sections that are flagged and the sections that require you to navigate to the checkpoint. The map instructions will tell you if you need to get the checkpoints in numerical order if you can get them in any order. Be aware and read your map carefully. **Tips: Set your declination to 18 degrees East and know how to figure out bearing and distance from a map**

f. Transition Area

When you drop off your bike in the morning, teams are allowed to keep one transition box with their bikes. Please note that you must carry bike repair items such as bike pump, patch kit, chainbreaker with you on the ride, but not on the trek. Whenever you drop your bike at transition, you can leave your bike helmet, shoes, and tools with your bike. All other mandatory gear must be carried with you at all times. More details on the order of the disciplines will be given out at Friday Night Registration.

g. Water Stations

There will be one water station on the course and at the main transition locations. The stations will be setup to refill your bottles/bladders only. Each station may have some other treats for you, but this is an ADVENTURE RACE so please expect the unexpected and be prepared for long distances between water stations. The aid stations will be indicated on the map.

h. CPs [Check Points]

There will be a series of CPs along the course and when you find one you will punch your Racer Passport. **You must collect all CPs in numerical order UNLESS specifically noted on the map's instructions.**

i. Cut off Times

Exact times and locations will be detailed on the race map. Failure to make the mandatory cutoff times will result in your team being required to bypass certain CPs. Please keep your cutoff times in mind and plan your breaks accordingly.

8. BE SMART & BE SAFE

First Aid personnel will be situated throughout the course ready to respond to emergency situations. If you get lost, stay where you are. Use your whistle or pull out your cell phone and call our Safety Director at 604-802-2180 (program this number into your phone) or 911. If you are injured, wait for a passing team and have them call for help. Remember that you are required to have basic first aid with you and we highly recommend you bring your cell phone with you.

IMPORTANT: Please note that if you DROP OUT of the race you MUST come to the FINISH LINE and let the Head Timekeeper know and return your Passport. If you do not do this and we start a search for your team, you will be charged for all search costs and you will be suspended from racing any future MOMAR events for two years.

There are bears in the area so always make some noise while racing... Also, please be courteous when overtaking hikers. Let them know you are approaching by calling out. We also recommend you wear safety glasses to protect your eyes. And watch out for wasps... seriously, they don't like adventure racers...

Certain CPs will require you to check in with course marshals; be sure to display your racer number on the FRONT of your body. This will help us keep tabs on your last location at all times and help focus our search to specific areas in the event you are lost.

8. MANDATORY GEAR LIST

The following items make up the final gear list for the race. We recommend that you use common sense when packing and think about your personal safety should something happen to you on course. Random gear checks could happen during your race and any missing items will result in a 5 minute team penalty.

Every RACER must carry the following:

- Emergency Space Blanket or garbage bag large enough to wrap most of your body.
- A long-sleeve tech shirt and/or jacket
- Whistle – use if you get lost
- Water bottle or bladder capable of carrying 750ml+
- Race Number Plate – must be worn on the FRONT of your body and on the handlebars of your bike. You are NOT allowed to modify your number. MOMAR to supply.

Every TEAM must carry the following:

- Compass (declination setting recommended)
- Water proof map bag (e.g., ziplock) because the maps are not waterproof
- Race map (provided by organizers)
- Passport (provided by organizers)

- A First Aid Kit with a sufficient supply of items to treat an injury (e.g. bandaids, tensor, anti-inflammatory pills, antihistamine tablets for the wasp stings, etc.)
- Cell phone (put it in zip lock)
- Bike repair kit (what you bring is up to you, but we recommend having the right tools to fix your bike should something break).

For the KAYAK stage only, you must have the following items:

- Watercraft – limited to kayak, surfski, outrigger, canoe, or paddleboard (maximum of two people per boat)
- Life jacket (Type III is better)
- Pump (if you're paddling a ocean kayak or canoe)
- Leash (if you're paddling a surfski or paddleboard)

For the MOUNTAIN BIKE stage only, you must have the following items:

- Mountain Bike
- Helmet (certified)

9. RULES & REGULATIONS:

Ranking:

- Teams will be ranked according to the number of Checkpoints they collect.
- In the event of a tie, the finishing time (less penalties) will be used to further rank teams.

Time Penalties:

- 15 minutes penalty if you are caught out of visual range of you teammates.
- 15 minutes for receiving outside support from any non-racer.
- 15 minutes for the first traffic violation. Disqualification for the second.
- 15 minutes for littering.
- 15 minute for using any form of listening device (e.g., iPod, walkman, etc). Disqualification for the second.
- 5 minutes for modifying your MOMAR bib number. You must wear it on the front and it cannot be folded or cut in any way.
- 5 minutes for each item that you do not have that is on the mandatory gear list.

You will be disqualified for the following reasons:

- You deviate severely from the race course (discretion of the race director) in an attempt to short the course.
- If one of your teammates does not cross the finish line. In adventure racing, all members of a team must finish the course together. Thus, you are only as fast as your slowest racer. If a teammate decides they cannot go on, the remaining members may race unranked.
- For being a jerk, e.g., unsportsmanlike conduct to fellow racers, volunteers, or spectators.

Support Personnel: Absolutely no outside support personnel will be allowed along the race course except at the start and finish lines. 15 minute time penalties will be handed out to teams in violation. Team must be fully self-sufficient and plan provisions accordingly.

GPS: Although you are required to bring a cell phone and we're not going to ban you from wearing your GPS watch, we ask that in the spirit of good sportsmanship, you don't use the GPS function to aid in navigation. If you want to track your distance and view it after the race, that's ok with us. Many of you know that there's a new Cumberland trail map app (search TrailMapps: Cumberland or TrailFork) available for download and we actually recommend you put this on your phone. Why? Well, if you do happen to get seriously lost or injured, then turn on your phone, figure out where you are, and use it to navigate your way out or call in for emergency response.

In the event of a dispute, please let the Race Officials know and we will do our best to resolve the issue fairly.

10. BE KIND TO YOUR KAYAK

During the MOMAR race, here are some suggestions on how to minimize damage to the rental kayaks.

- Sitting on the top deck of the kayaks will crack the shell of the kayak and affect the bulk heads and seams. It is important that the kayak maintains its water tight seal.
- Running the kayaks up onto the beach and dragging kayaks wears down the gel coat and eventually the fiberglass.
- Getting in and out of your kayak it is best that the kayak be floating in eight inches of water. If the shore has a steep drop off, turn the kayak sideways. This will prevent grinding the stern of the kayak into the shoreline.
- Nice lightweight fiberglass paddles will chip on the blades when they are used to push away from shore or from rocks.
- Keep the paddle in the kayak when you get to shore, throwing it up on to the beach only gives you something to trip over when you get out, the paddle could float away with the next wave or get damaged.

By following these guidelines we can ensure that the kayak rental operators will continue to rent quality, well maintained, kayaks for racers.

11. SPECTATORS

Spectator locations will be announced at the morning of the race. Also, we will be sending live updates from the course via Twitter and regular updates on our Facebook page. The map will be posted on Facebook once it has been given out to the racers.

Follow us:

- Twitter www.twitter.com/mr_momar
- Facebook: www.facebook.com/mindovermountain
- Instagram: www.instagram.com/mindovermountain.com
- And use the hashtag #MOMARcumby

12. THE FINISH LINE (1pm – 5pm)

Location: The location of the finish line will be revealed at Friday Night Registration.

Time: We expect the first racer to cross the finish line at 1:30pm and the last at 5:00pm.

Finishers Medals: All finishers will receive a custom MOMAR medal and a photo on the finisher's podium!

Refreshments: Bagels, fresh fruit, cookies, and chocolate + more!

Atmosphere Massage: Where you can hang out, get a massage, and share stories with your fellow racers.

Bike Pick-up: You must claim your bike after you finish the race. You must show your racer number in order to receive your bike. They will be secured until 5:30pm.

Kayaks: If you brought your own kayak to the race, you will have to go back to the beach at the end of the race and pick it up from the secured area. Please pick up your kayak as soon as possible. They will be secured until 6:00pm.

Results: Posted on the Monday following the race.

13. THE BIG PRIZES THAT YOU MIGHT WIN

What's up for grabs for the racers, you ask? Here's some of the big prizes that we will be giving away:

TOP FINISHERS: All first – third place finishers in each category will receive a custom medal and some swag: First Place in each category will receive a medal, \$50 Gift Certificate from Frontrunners; Second Place – Box of Clif Bars; Third Place – A big bottle of Hoyne beer. *NOTE: Prizes subject to change.*

WIN A \$500 GIFT CARD TO ATMOSPHERE SPORTS

Atmosphere carries everything you would need to race the MOMAR or next big expedition trip. What would you buy with a \$500 gift card?

WIN A \$500 SHOPPING SPREE AT FRONTRUNNERS

How does a \$500 shopping spree at the best specialty running stores sound? With locations in Nanaimo, Westshore, and Victoria, this is place to get fitted with your next pair of trail runners or technical clothing.

THE SPIRIT AWARD – PRESENTED BY ATMOSPHERE

Dress up and show the most spirit and you could win the highly coveted Spirit Award! The prize is a free team entry to your next MOMAR, a \$100 gift card to Atmosphere, and two nights accommodation at the Deer/Bear Lodge on Mt. Washington! We will select the top ten best team costumes and this Grand prize will be drawn at random.

PARKSIDE HOTEL & SPA WEEKEND

Visit the [MOMAR Facebook Page](#) to see how you can win a two night stay in a luxury suite. Value \$600.

14. THE AWARDS DINNER & MOMAR AFTER-PARTY

Where: Whiskey Jack in the main lodge of Mt. Washington Alpine Resort

When: Doors open at 6:30pm. Dinner at 7:00pm. Awards 8:30pm. After-Party 9:15pm - 1am

Dinner Menu: This year's buffet menu features carved roast beef with pan styled gravy, herb roasted chicken, butter mashed potatoes, rice pilaf, green beans almandine, roasted vegetables & black bean tostado with salsa, three salads, warm buns, and selection of chef's choice desserts. The meal is included in your entry fee but you must have confirmed that you will be coming to the party to get your wristband. *NOTE: If you have any dietary restrictions that can't be accommodated by the above menu, please email janine@mindovermountain.com.*

Awards and Prizes: Starting at 8:30pm, awards and prizes will be given out to the top racers in each category. We also have numerous draw prizes available to all those lucky participants.

The Beer: Hoyne Brewing Co. is our beer sponsor and to celebrate, we'll be featuring this beer all night. For every Hoyne beer sold, they will be donating \$0.50 to the Cumberland Community Forest Society. Please be awesome and support this fundraiser.

50/50 – We will be having a 50/50 draw at the awards so be sure to bring some extra cash. All proceeds will go to the Cumberland Community Forest Society.

The Party: Right after the awards are finished, everyone will head downstairs for the infamous MOMAR after-party. We've booked a new party band called The Wonders from Vancouver and they'll be playing all the hits so be sure to save some energy, drink a Red Bull, and see how long you can last!

Appendix I

Race Waivers

*** TEAM CAPTAINS***

Please print out the following items for **Each Member** of your team and bring the completed forms to Friday night's Racer Registration:

1. MOMAR Waiver
2. TimberWest Waiver



BIB #

**RELEASE OF
LIABILITY FOR RACERS & VOLUNTEERS**
WAIVER OF CLAIMS, ASSUMPTIONS OF RISKS AND INDEMNITY AGREEMENT
BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING
THE RIGHT TO SUE

PLEASE READ CAREFULLY

Please print in ink.

AGREEMENT AND INDEMNIFYING RELEASE:

I, _____, (print name) hereby acknowledge and agree that in consideration of being permitted to participate and volunteer in the Mind Over Mountain Adventure Race Series and other activities organized by the Mind Over Mountain Event Co., organizers of the Mind Over Mountain Adventure Racing Series (herein called "the Race"):

1. do hereby release the Race, its directors, officers, employees, independent contractors, volunteers, private land holders and agents from all liability, and do hereby waive as against the Race, its directors, officers, employees, independent contractors, volunteers, private land holders and agents all recourses, claims, causes of action of any kind whatsoever, in respect of all personal injuries or property losses or any other losses or damages of any kind, including but not limited to consequential damages which I may suffer arising out of or connected with my preparation for, or participation in, the aforesaid Mind Over Mountain Adventure Race and any other activities or programs, notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of the Race or any of its directors, officers, employees, independent contractors, volunteers, sponsors, private land holders and agents.

2. And, I do hereby acknowledge and agree:
 - a. that the sports and activities in the Race and any other activities or programs organized by the Race, are potentially very dangerous, exposing participants to many inherent risks and hazards, including but not restricted to: loss or damage to personal property, immersion in cold water, hypothermia, drowning, inclement weather, slipping and falling, falling objects, hazards of travel in forests, mountains, high altitudes, steep terrain, sub-terrain, travel by boat, automobile, foot, bicycle, and other conveyance, forces of nature, crime, civil unrest, and injury or illness in remote areas without means of rapid evacuation or adequate medical care supplies or facilities. While some of these risks are inherent in the very nature of the sports themselves, others may result from human error and negligence on the part of persons involved in preparing, organizing and staging mountain biking, kayaking, back-country hiking, orienteering and any other activities or programs organized by the Race;

 - b. that, as a result of the aforesaid risks and hazards, I as a participant may suffer serious personal injury, even DEATH, as well as property loss;

 - c. that some of the aforesaid risks and hazards are foreseeable, but others are not;

 - d. that I nevertheless freely and voluntarily assume all the aforesaid risks and hazards, and that, accordingly, my preparation for and participation in the aforesaid Race and any other activities or programs organized by the Race, shall be entirely at my own risk;

 - e. that I am personally responsible for my preparation prior to joining the Race's activities. Such preparation will include, but not be limited to: (i) my health and physical fitness, (ii) securement of adequate prerequisite knowledge of ocean/lake, trail, sub-terrain and forest hazards, and skills to meet program/trip/event requirements, (iii) the adequacy and condition of the

equipment that I will be using for mountain biking, rappelling, kayaking, back-country hiking, trail running, orienteering and any other activities or programs organized by the Race and as well as any other equipment that will be used in association with the activities I will be participating in;

- f. that while I recognize that Race leaders and/or instructors will make every reasonable effort to minimize exposure to known risks, that I have a personal responsibility to learn and follow safety rules and procedures established by my leaders/instructors and to make them aware at any point in which I question my knowledge of these procedures or my ability to participate in any activity;
- g. that I will refrain from the consumption of alcohol or mind altering drugs while participating in Race programs or activities;
- h. that I consent to receive first aid and medical treatment by the leader/instructor and medical personnel in the event of an accident, injury, and/or illness during a Race activity or program;
- i. that I understand that neither the Race nor any of its directors, officers, employees, independent contractors, private land holders and agents assume any responsibility whatsoever for my safety during the course of my preparation for or participation in the aforesaid Race and any other activities or programs organized by the Race;
- j. that I understand clearly that by signing this release, I will be forever prevented from suing or otherwise claiming against the Race, its directors, officers, employees, independent contractors, volunteers, sponsors, private land holders and agents for any loss or damage connected with any property loss or personal injury or any other losses or damages of any kind, including but not limited to consequential damages, that I may sustain while participating in, or preparing for any of the above mentioned Race any other activities or programs organized by the Race, whether or not such loss or injury is caused by the NEGLIGENCE of the Race, its directors, officers, employees, independent contractors, volunteers, sponsors, private land holders and agents;
- k. that I understand and agree any legal proceedings in which I may pursue must take place within the jurisdiction of British Columbia, Canada;
- l. that I understand clearly that the Race would not permit me to participate in the Race and any other activities or programs organized by the Race unless I signed this ASSUMPTION OF RISK AGREEMENT AND INDEMNIFYING RELEASE, that this agreement applies to all the aforesaid Mind Over Mountain Adventure Race and any other activities or programs organized by the Race, whether occurring in the near or distant future, and that the terms of this Agreement need not be brought to my attention each time I participate in the Race and any other activities or programs organized by the Race in order to be effective;
- m. I hereby grant full permission to Mind Over Mountain Event Co. and/or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings, or any other record of this event, of me, for any legitimate purpose.
- n. The Agreement Should Be Effective And Binding Upon My Heirs, Next Of Kin, Executors, Administrators, Assigns, And Representatives In The Event Of My Death Or Incapacity.
- o. Personal Cost of Search, Rescue and/or Transportation: If I need to be rescued via helicopter or any other conveyance I assume responsibility for any costs associated with such search, rescue and/or transportation operations as may be charged by those entities providing such services. I will not hold either Mind Over Mountain Event Co. Ltd. or any of the sponsors, promoters or service providers know as the "Releasees" responsible for any charges for any search, rescue and/or transport necessary as a result of my participation in this event.

Signature of Participant (Parent or Guardian if the participant is under 19 years of age.)

Print Name

Date

**SCHEDULE C
RELEASE AGREEMENT**

MIND OVER MOUNTAIN EVENT CO.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
(hereinafter referred to as the "Release Agreement")**

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS,
INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT**

PLEASE READ CAREFULLY!

SIGNATURE OF PARTICIPANT

Name	Last	First	Middle Initial
Address	Street		
	City	Prov./State	Postal/ZipCode

TO: MIND OVER MOUNTAIN EVENT CO., TIMBERWEST FOREST COMPANY, and ISLAND TIMBERLANDS LIMITED PARTNERSHIP and all owners or occupiers of venues or premises where Cycling and Running Activities (as defined herein) take place, and their respective directors, officers, members, employees, instructors, guides, volunteers, officials, course workers, first aid attendants, agents, representatives, independent contractors, subcontractors, suppliers, sponsors, successors and assigns (all of whom are hereinafter collectively referred as "the Releasees")

I am of the full age of 19 years or am the parent/legal guardian having full legal responsibility for decisions regarding my minor child/ward under the age of 19 and I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT PRIOR TO SIGNING IT, and I am aware that by signing this Release Agreement, I am irrevocably and forever waiving certain legal rights which I or my invitees, heirs, next-of-kin, executors, administrators and assigns may have against the Releasees.

DEFINITION

In this Release Agreement the term "**Cycling and Running Activities**" shall include all activities, events, competitions, training rides, tours, programs, workshops, lessons, clinics or other related services, including cross-country, downhill or road cycling, which are organized, provided, arranged, conducted, sponsored, promoted or authorized by or connected with the Releasees.

SAFETY

I have been advised to wear an approved helmet while participating in Cycling Activities, and to comply with all applicable municipal and provincial highway laws and regulations. I recognise that serious head injury or death can result even when a helmet is worn.

ASSUMPTION OF RISKS

I am aware that participation in Cycling and Running Activities involves many risks, dangers and hazards including, but not limited to: changing weather conditions; mechanical failure of bicycles; falls; loss of balance; high speed descents; difficulty or inability to control one's speed and direction; rapid or uncontrolled acceleration on hills and inclines; extreme variation in cycling and running terrain including steep or slippery sections, trees, roots, tree stumps, logs, cliffs, rocks, rock drops, loose gravel, holes, depressions, streams and creeks; constructed features such as bridges, ramps, ladders, bumps, berms, jumps, and drops; collisions with natural and constructed objects, other participants, vehicles, pedestrians, spectators and officials; encounters with domestic and wild animals, negligence of other persons; and NEGLIGENCE ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF CYCLING ACTIVITIES.

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH CYCLING AND RUNNING ACTIVITIES AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

MINOR PARTICIPANT

In consideration for allowing my minor child/ward to participate in Cycling AND Running Activities, I hereby warrant and agree:

1. I am familiar with and accept, on behalf of myself and my minor child/ward that there is the risk of serious injury and death in participation in Cycling and Running Activities;
2. I have satisfied myself and believe that my minor child/ward is physically, emotionally and mentally able to participate in Cycling and Running Activities, and that his/her equipment, is mechanically fit for his/her use;
3. I understand, and will instruct my minor child/ward, that all applicable rules for participation must be followed and that at all times the sole responsibility for personal safety remains with my minor child/ward;
4. I will advise my minor child/ward to immediately remove her/himself from participation, and notify the nearest person, if at any time they sense or observe any unusual hazard or unsafe condition or if they feel any deterioration in his/her physical, emotional or mental fitness for continued participation;
5. I authorize to consent to emergency medical treatment in accordance with the best interests of my minor child/ward, should I not be present at the relevant time to grant consent myself; and
6. I agree to hold harmless and indemnify the Releasees from any claims or demands that might be made against the Releasees by my child/ward if this Release Agreement is declared void or unenforceable against my child/ward in whole or in part due to my child/ward's age.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of the RELEASEES agreeing to my participation and/or my child/ward's participation in Cycling and Running Activities either as a member of the United Riders of Cumberland Association or as a competitor, course worker, official, volunteer, event organizer, guest or member of the media, I hereby agree, on behalf of myself and/or my child/ward, as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against the RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any injury, loss, damage or expense, including death, that I may suffer or that my next of kin may suffer, as a result of my participation in Cycling and Running Activities, DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, R.S.B.C. 1996, c. 337 ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN CYCLING AND RUNNING ACTIVITIES REFERRED TO ABOVE;

2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES for any and all liability for any property damage, loss or personal injury to any third party resulting from my participation in Cycling and Running Activities;
3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
4. This Release Agreement and any rights, duties and obligations involving the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia and no other jurisdiction; and
5. Any litigation involving the parties to this Release Agreement shall be brought solely within the Province of British Columbia and shall be within the exclusive jurisdiction of the Courts of the Province of British Columbia.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of Cycling Activities, other than what is set forth in this Release Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT ON BEHALF OF MYSELF AND/OR MY CHILD/WARD, PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Signed this _____ day of _____, 2019_____.

Witness

Signature of Participant (Signature of parent if Participant is under 18)

Print Witness Name

Print Participant Name