

**VOLUNTEER RELEASE AND INDEMNITY (“Release”) RELEASE OF LIABILITY, WAIVER OF CLAIMS
AND ASSUMPTION OF RISKS BY SIGNING THIS DOCUMENT YOU WILL ASSUME RISKS
AND WAIVE CERTAIN RIGHTS, INCLUDING THE RIGHT TO SUE.
PLEASE READ CAREFULLY!**

In consideration of Run Vancouver Holdings, ULC, a British Columbia Unlimited Liability Company (the “Company”) permitting me to participate as a volunteer in the Vancouver Sun Run or the EVA AIR 2.5K Mini Sun Run (the “Activities”), and for other good and valuable consideration (the receipt and sufficiency of which is acknowledged), I agree to all the terms and conditions in this agreement (this “Release”).

I AM AWARE AND UNDERSTAND THAT PARTICIPATING IN THE ACTIVITIES AS A VOLUNTEER INVOLVES MANY RISKS, DANGERS AND HAZARDS, INCLUDING BUT NOT LIMITED TO THE RISK OF SERIOUS INJURY, DEATH OR PROPERTY DAMAGE. I ACKNOWLEDGE THAT I AM VOLUNTARILY PARTICIPATING IN THE ACTIVITIES ENTIRELY OF MY OWN CHOICE AND THAT IT HAS NOT BEEN REQUESTED, SUGGESTED OR REQUIRED IN ANY WAY THAT I PARTICIPATE, INCLUDING BY SPONSORS OF THE ACTIVITIES. I FREELY ACCEPT AND FULLY ASSUME ANY AND ALL OF THE RISKS, DANGERS AND HAZARDS INVOLVED AND THE POSSIBILITY OF INJURY, DEATH OR PROPERTY DAMAGE, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES (defined below) OR OTHERWISE.

The risks associated with my participation in the Activities and which I assume and accept include, but are not limited to:

1. challenges to my physical and mental resources (including the effects of exercise and the unpredictable nature of the human body). I confirm that I am in good physical condition, am physically fit to participate in the Activities and that I am not subject to any medical condition that may pose any risk of harm or disability to myself or any others. I further understand that I should not participate in the Activities if I have any health conditions affecting my ability to safely participate and that I should not participate unless I am medically able;
2. accidents and physical injury (including falls, injury, contact with other participants or persons);
3. traffic on the course; and
4. the effects of the weather including rain, snow, high heat and/or humidity and the condition of the roads or racing surfaces and other events that may be unforeseeable or beyond the control of the Releasees including “Acts of God”, civil unrest and thirdparty violence or terrorism.

Knowing these risks, and understanding it is impossible for the Releasees to guarantee my safety, I (on behalf of myself and my heirs, executors, administrators, personal representatives, any minors for whom I am a parent or guardian who participate in the Activities, or assigns) hereby remise, release, indemnify, forever discharge and hold harmless the Company, Postmedia Network Inc. (including, without limitation, its division known as The Vancouver Sun), Y11, Motiv Running, , B.C. Athletics, RockDoc, the City of Vancouver, including its Police Department, Emergency Radio Systems, race officials, other race volunteers, and all of the Activity's sponsors, and each of their respective parent companies, subsidiaries, affiliates, agents, directors, employees, assigns or anyone else acting for or on their behalf (the “Releasees”) from and against any and all existing and future claims, actions, costs, suits, demands and/or liability (including reasonable solicitor fees and legal costs), including from any and all claims from any third party, for loss, harm, damages, cost or expense, including, without limitation injuries, accidents, losses

and damages related to personal injuries, death, damage to, loss or destruction of property, rights of publicity or privacy, defamation, or portrayal in a false light, on account or arising out of or attributable to my participation in the Activities, due to any cause whatsoever, including without limitation the negligence of the Company or any other Releasee, breach of contract, or breach of any statutory or other duty of care owing under occupiers liability legislation or otherwise.

MEDICAL TREATMENT: None of the Releasees will be responsible for any decisions relating to my medical treatment or the medical treatment itself, and, without limiting the generality of the foregoing, the Releasees will not be obligated to assist me, nor may any of the Releasees be qualified medical professionals, and where the Releasees do provide such assistance, the Releasees shall have no liability in connection therewith. If I am unable to consent at the time due to injury or illness, I hereby consent to the administration of first aid and other emergency medical treatment for any injury or illness that occurs during any of my participation in the Activities. I hereby release and forever discharge the Releasees from any claim whatsoever which arises or may hereafter arise on account of any first-aid treatment or other medical services rendered (or not rendered, as the case may be) as contemplated in this Release.

I consent to the use, editing, broadcast, distribution, exhibition or exploitation of any recordings, photographs, videotapes of me or other record of this event, and/or my participation in the Activities or related events, in any media form, and grant full permission to Postmedia Network Inc. (including, without limitation, its division known as The Vancouver Sun), and/or agents authorized by them, to use my name and/or likeness, and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event, of me, for any purpose related to the Activities or other related events, in any media form, without any compensation to me.

This Release constitutes the entire agreement of the Company and me with respect to the subject matter contained herein and supersedes all other understandings, agreements, representations and warranties, both written and oral, with respect to such subject matter. This Release and its application and interpretation will be governed exclusively by the laws of British Columbia and the parties agree to the exclusive jurisdiction of the courts of the Province of British Columbia. If any term or provision of this Release is held to be invalid, illegal or unenforceable in any jurisdiction, such invalidity, illegality or unenforceability shall not affect any other term or provision of this Release or invalidate or render unenforceable such term or provision in any other jurisdiction.

This Release is binding on and shall enure to the benefit of me and my heirs and next-of-kin, and the Company and its successors and assigns. I acknowledge having been given full opportunity to read and ask questions about this Release before signing it.

I HEREBY ACKNOWLEDGE HAVING READ THIS RELEASE AND WAIVER AND UNDERSTAND THAT, BY REGISTERING AS A VOLUNTEER FOR THE VANCOUVER SUN RUN AND/OR THE EVA AIR 2.5K MINI SUN RUN, I ACCEPT ITS TERMS (INCLUDING MY VOLUNTARY WAIVER OF SUBSTANTIAL LEGAL RIGHTS). I FURTHER ACKNOWLEDGE AND AGREE TO THE TERMS OF THIS RELEASE AND WAIVER ON BEHALF OF MY MINOR CHILD, IF APPLICABLE.