

5th Annual Motion Challenge	15 minutes = 1 km
Pledge Form 🚽 🗳 🕷 🗱 🏍	A donor may pledge a \$ amount for each kilometer or donate a flat amount.

Participant Information	
Name:	Record all pledged money and donations on this form.
Age: 🗆 under 12 🗆 13-18 🗆 19-34 🗆 35-64 🗆 65+	Register before you begin collecting pledges.
Street Address/Box #:	
City/Town:	Three Ways to Register
Postal Code:	1. Phone: (705) 746-6996.
Home #: Cell #:	<ol> <li>Email: tgould@risercil.ca or admin@risercil.ca</li> </ol>
Email:	3. Fax: (705) 746-2323.

Donor Information (Please Print Clearly)	Pledge Amount	Office Use Only
Name: Address/Box #: City/Town: Postal Code: Phone: Email:	\$	
Name: Address/Box #: City/Town: Postal Code: Phone: Email:	\$	
Name: Address/Box #: City/Town: Postal Code: Phone: Email:	\$	
Name: Address/Box #: City/Town: Postal Code: Phone: Email:	\$	

Donor Information (Please Print Cl	early)	Pledge Amount	Office Use Only
Name: Address/Box #: City/Town: Postal Co Phone: Email:	ode:	\$	
Name: Address/Box #: City/Town: Postal Co Phone: Email:	ode:	<u>\$</u>	
Name: Address/Box #: City/Town: Postal Co Phone: Email:	ode:	<u>\$</u>	
Name: Address/Box #: City/Town: Postal Co Phone: Email:	ode:	<u>\$</u>	
<ul> <li>INSTRUCTIONS</li> <li>1. E-transfer all funds pledged or donated to: tgould@risercil.ca</li> <li>2. When you have completed your Motion Challenge, email your pledge form to: tgould@risercil.ca</li> <li>3. This form may be photocopied.</li> </ul>	Page 1 Subtotal \$	Page 2 Subtotal \$	TOTAL \$ E-transfer to: tgould@risercil.ca

## Participant Waiver and Release of Liability

I, the undersigned, voluntarily agree to participate in the Motion Challenge fundraiser organized by RISE: Resource Centre for Independent Living, which supports individuals with disabilities. I understand that this event may involve physical activities such as walking, running, stretching, or other movement, and that such activities carry inherent risks, including the possibility of injury or illness. I hereby acknowledge and agree to the following terms:

1. Assumption of Risk

Participation is voluntary and may involve certain risks, including but not limited to injury, illness (including communicable diseases), or property damage. I accept full responsibility for such risks and participate of my own accord.

2. Release of Liability

I release and hold the Organization, its staff, volunteers, sponsors, and affiliates harmless from any liability, claims, or damages arising from my participation, including those arising from negligence.

## 3. Medical Condition

I affirm that I am in good physical health and can participate safely. I accept full responsibility for monitoring my health during the Event and consent to emergency medical treatment if needed.

## 4. Use of Images

I authorize the Organization to use photos, video, or audio taken during the Event for promotional or fundraising purposes, without the need for additional consent or compensation.

## 5. For Participants Under 18

A parent or guardian must sign this waiver.

Participant Signature: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (if under 18): \_\_\_\_\_

Date:
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