

Sunriver Women's Club
Mountain Biking Club, Hearty Soles, Midsoles and Winter Fun Groups
Accident Waiver and Release of Liability

I hereby assume all of the risks of participation in all activities associated with the Sunriver Women's Club Mountain Biking Club, Hearty Soles Hiking Group, Midsoles Hiking Group or Winter Fun Group including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released.

I certify that I am physically fit, have sufficiently prepared or trained for participation in the activity, and have not been advised not to participate by a qualified medical professional. I certify that there are no health-related reasons or problems that preclude my participation.

I hereby, for myself, and for my executors, administrators, heirs, next of kin, successors and assigns:

- a.) ***Waive, release and discharge*** from any liability, including but not limited to, liability arising from the negligence or carelessness of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me, including from my travel to and from this activity, the following entities or persons: Sunriver Women's Club and their leaders, volunteers, participants and sponsors.

- b.) ***Indemnify, hold harmless, and promise not to sue*** the entities or persons mentioned in paragraph a.) for any liabilities or claims made as a result of participation in this activity whether caused by negligence, carelessness, or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, or illness during this activity, and to assume all responsibility for all costs associated with this treatment, including but not limited to Emergency Evacuation procedures.

This ***Accident Waiver and Release of Liability*** shall be construed broadly to the maximum extent permissible under applicable law.

I certify that I have read this document and I am aware that it is a Release of Liability. I sign it of my own free will.