



Event Waiver

Acknowledgment, Waiver and Release of Liability (“AWRL”)

I acknowledge that participating in the Metro Mountain Biker’s International Women’s MTB Day Ride is a potentially hazardous activity and carries with it the potential for death, serious injury and property loss. I hereby assume all risks pertaining to my participation in the aforementioned activities provided to me by Metro Mountain Bikers and its partners. This event does not include rider instruction.

- 1) I verify that I am physically and medically fit to participate and have not been advised against participation by a qualified health professional. I acknowledge that my statements on this AWRL are being accepted by Metro Mountain Bikers, and any other assistants in consideration for allowing me to participate in the International Women’s MTB Day Ride and are relied upon by the staff and any affiliated sponsors or related entities in permitting me to participate in this International Women’s MTB Day Ride.

In consideration for allowing me to participate in rides put on by Metro Mountain Bikers, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns, for everyone else who might claim or sue on my behalf and I expressly acknowledge that it is my intent to take these actions:

- a. I AGREE that prior to participating this event I will inspect my equipment and training environment and will only participate if it is safe to do so;
 - b. I WAIVE, RELEASE and DISCHARGE from any and all claims, losses or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital, theft, or damage of any kind, including economic losses, which may in the future arise out of or relate to my participation in or following any of the advice provided by Metro Mountain Bikers staff and any affiliated sponsors or related entities including but not limited to related sponsors, agents, or representatives; (EVEN IF SUCH CLAIMS, LOSSES OR LIABILITIES ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF THE PERSON(S) I AM HEREBY RELEASING OR ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF ANY OTHER PERSON OR ENTITY);
 - c. I ACKNOWLEDGE that I assume any and all risks associated with participating in the event provided by Metro Mountain Bikers, including but not limited to cycling, volunteering, and other elements of the event. All such risks being known and appreciated by me, I further acknowledge these risks include risks that may be the result of negligence of the persons or entities mentioned in the above paragraph (b) for any other claims and losses that I have waived, released or discharged herein;
 - d. I INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in the above paragraph (b) from any and all claims made or liabilities assessed against them as a result of (i) my actions or inactions (ii) the actions, inactions or negligence of others including those parties hereby indemnified (iii) the conditions of the facilities, equipment or areas where the activities are conducted, and;
 - e. I GRANT PERMISSION for the use of my name or likeness relating in my participation of the event provided by Metro Mountain Bikers and I WAIVE all rights to future compensation to which I may otherwise be entitled as a result of the use of my name or likeness.
- 2) I hereby affirm that I am eighteen (18) years of age or older, I have read this document and understand its contents, and agree to the terms of this agreement, voluntarily and with knowledge of the activities and their risks. If signing for a minor, I acknowledge that any child under the age of 16 requires a parent or guardian present at the event. I acknowledge that this agreement shall be effective and binding upon myself, a minor visitor for whom I sign, and our respective heirs, assigns, personal representatives, and estates. I have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

By checking this box, and typing my name, I legally sign this document.

Signature