



## 2010 Membership Application

[www.highsierrastriders.org](http://www.highsierrastriders.org)

**Membership Fee: \$40.00**

Membership fee includes: General club coaching, bagels every Tuesday at Shady Rest Park (April-October), Discounts: 30% Superfeet, 25% off running shoes at *Footloose Sports* running store (ask for details), *Intouch Micro Spa* (April-October), club social events, and a Striders ASICS Technical Running T-Shirt.

**\*\*\*Please visit [www.highsierrastriders.org](http://www.highsierrastriders.org) and *subscribe* to our *email list*.**

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Mailing Address

Please mail your application and check to:

**High Sierra Striders**

**PO Box 3778**

**Mammoth Lakes, CA 93546**

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

Please Make Check Payable to:

**“High Sierra Striders”**

\_\_\_\_\_  
Email

What kind of athlete are you?:

Walker • Jogger • Runner • Competitive Racer

Shirt Size Circle One:    s    M    L    **XL**

Phone number \_\_\_\_\_

Date of Birth \_\_\_\_\_

Circle one:    Male    Female

Favorite workout: \_\_\_\_\_

Favorite Bagel Flavor \_\_\_\_\_

Running Goal for 2010: \_\_\_\_\_

\_\_\_\_\_  
Emergency Contact

\_\_\_\_\_  
Relation

\_\_\_\_\_  
Phone Number

### Acknowledgement Waiver and Release from Liability

By my signature below, I hereby acknowledge that the High Sierra Striders (“HSS”) may sponsor, promote or otherwise engage in strenuous activities which are beyond the capability of most people, and may cause minor, severe and/or permanent injuries or death to those people that are not in sufficient physical fitness, training and/or experience. I will make my own determination as to whether or not I am able to safely participate in any such activity. I recognize that HSS has not, and will not, evaluate my ability to participate in any athletic event. I also recognize that any advice dispensed through the club may not be appropriate for me, and it is my responsibility to make this determination.

I acknowledge that running training and events are extreme tests of a person’s physical and mental limits and carry with them, regardless of physical fitness or experience, the potential for death, serious injury and property loss. I hereby assume the risks of participating in running training and events. I certify that my level of physical fitness is appropriate to participate in the level of training in which I will voluntarily undertake. I certify that I will only participate in HSS training and events for which I have sufficiently trained and that I have not been advised against participation by a qualified professional.

I, for myself, my past, present and future agents, attorneys, representatives, predecessors, successors, assigns, heirs and executors, do hereby waive, release and discharge the High Sierra Striders, its past, present and future officers, directors, agents, attorneys, and any members other than myself, parents, subsidiaries, predecessors, successors, affiliates, assigns and sponsors, and representatives (the “HSS Parties”) from any and all matter of liability, claims for damages, causes of action, suits, proceedings, compensation, attorneys’ fees, costs and expenses of suits, claims and demands whatsoever, which may arise in the future from my participation in any event with is in any way affiliated with the club, including, but not limited to any and all claims. Losses or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft or damage of any kind, including economic losses, which may in the future arise out of or relate to my participation in or traveling to and from a HSS event. I acknowledge that there may be traffic, persons, dangerous or adverse road conditions, course or area designated for a HSS event, and hereby assume the risk related thereto of participating in a HSS event. I hereby assume any and all other risks associated with participating in HSS events and/or training, including contact or effects of other participants and effects of weather including heat and humidity.

I AGREE NOT TO SUE any of the HSS Parties for any and all claims made or liabilities assessed against them as discharged herein. I INDEMNIFY AND HOLD HARMLESS the HSS Parties 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 event or activities is being conducted and (iv) and other harm caused by an occurrence related to a HSS event.

I GRANT PERMISSION for the use of my name and/or likeness relating to my participation in a HSS event and I WAIVE all right to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT AND I UNDERSTAND ITS CONTENTS.

X  
\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name (Please print)