RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

	consideration of participating in uable consideration, I hereby	agree to release		liability		from 1	egligence	
refe	ployees, agents, volunteers, partic erred to as "Releasees"), on behalf also agree as follows:	ipants, and all other		ing for th	em (herein	after co	ollectively	
1.	I acknowledge that which could result in physical or Risks include, but are not limited that might result in injury]; me property. I understand such reproperdizing the essential qualities	to, dical conditions restant isks simply cannot i	ulting from physical act	isability, d	eath, and j	property clothing	y damage. _[actions g or other	
2.	I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue participation.							
3.	I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my participation in this activity, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.							
4.	I represent that I have adequate insurance to cover any injury or damage I may suffer or causewhile participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume — and bear the costs of — all risks that may be created, directly or indirectly, by any such condition.							
5.	In the event that I file a lawsuit, I agree to do so solely in the state where Releasees' facility is located, and I furthe agree that the substantive law of that state shall apply.						I further	
6.	6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.							
By signing this document, I agree that if I am hurt or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.								
signi woul state	we had sufficient time to read this ing. Also, I understand that this all be significantly greater if I were d cost in return for the execution of agree to be bound by its terms.	ctivity might not be a to choose not to sign	nade available to me or this release, and agree th	that the co at the opp	st to engagortunity to	e in thi particip	s activity ate at the	
Sign	ature		Print Name	Ann and a second				
Addı	ress	City	Sta	te	Zip		_	
Telej	phone ()		Date					
			ADDITIONAL AGREE ticipants under the age					
In co activi by or	nsideration of ity, I further agree to indemnify ar on behalf of minor or are in any w	nd hold harmless Release vay connected with su	(PRINT minor's names easees from any claims a ach participation by mino) being per lleging ne r.	mitted to p gligence w	articipa hich are	te in this brought	
Paren	nt or Guardian(If notarizat	Print l	Name		Date			
	(If notarizat	ion is necessary, ples	se sign & stamp this side	of form.)				