

100 CLUB

RELEASE AND ASSUMPTION OF RISK

Considering that there are inherent risks and dangers posed by certain activities of the 100 Club [hereinafter "Club"], as well as the vulnerabilities typical of our senior demographic, I understand that:

1. My participation in Club activities is of my own free will for the companionship and shared outdoor experience they offer.
2. The responsibilities of Club leaders and other representatives of the Club are limited to coordinating activities and providing guidance to other members of the Club.
3. I assume full responsibility for my own actions and will use my own judgment to make decisions with regard to my physical capabilities and limitations to safely undertake any of the challenges which the Club activity may involve. I will not undertake any activities that I deem to exceed the limits of my abilities.
4. I will adhere to the "buddy system" to minimize the potential for and consequences of personal injury or becoming lost, and if I choose to "go it alone", I do so at my own risk.

This agreement shall serve as a release and assumption of risk for myself and my heirs, administrators, executors, and for all members of my family, including any minors, who may accompany me.

I hereby certify as a condition for participating in Club activities, that I have read the foregoing in full, that I accept all of the terms and conditions herein, and that I will hold the Club, its leaders and other representatives harmless from, and will defend against, any and all liability actions, suits, claims and demands that may arise out of the Club activities.

PRINTED NAME

PHONE/EMAIL (OPTIONAL)

SIGNATURE

DATE