



**HIKE DATE:** \_\_\_\_\_

Bicycle Club of Lake County Release and Waiver of Claims for Personal Injuries and Other Damages In signing this release for myself, and /or a named participant under the age of 18, I understand that the BICYCLE CLUB OF LAKE COUNTY, its officers and members, are not insurers of participant's personal safety during the above named activity. For myself and/or said minor, my (and minor's) heirs and assignees, I hereby waive all claims for, forever discharge, and agree to save harmless the BICYCLE CLUB OF LAKE COUNTY, its officers and members, from and all liability from having sustained personal injuries or property damage by reason of their negligence in furthering this activity. ***I know myself to be in good and safe medical condition for the above named activity. I have adequate and reasonable knowledge of what are prudent and safe hiking practices, and shall hike in that manner for my own protection and for the protection of others. I am aware and have knowledge of the "The Seven Principles of Leave No Trace" that provide an easily understood framework of minimum impact practices for anyone visiting the outdoors.***

NAME (please print) \_\_\_\_\_

SIGNATURE \_\_\_\_\_

CELL # W/YOU ON HIKE \_\_\_\_\_

EMERGENCY CONTACT # \_\_\_\_\_



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