



Fit Families for Cenla, Inc. 2017 Club Membership Application Date:

Please send your membership in to FFC, P.O. Box 14654 Alexandria, LA 71315

Family membership \$50

Individual Membership \$35

Run GDN and KBC Discount --\$5

Name: _____ **Email:** _____

Address: _____ **Email:** _____

City/St. _____ **Phone:** _____ **Cell:** _____

List of Family Members:

Interest: *Running* *Cycling* *Mountain Biking* *Other*

Please check this box if we can post your phone and e-mail info on the FFC website. This area of the site will be secure and only club members will be able to access the phone and e-mail information. This area will be used for club members to contact one another for training rides.

Benefits of being a FFC member:

- Participate in any FFC programs such as walking, running, and cycling activities
- Dues support continual enhancements of the local running, pedestrian and bicycle master plan, including signage, bike lanes, bike trails, sidewalks and security lighting
- Dues support running, pedestrian and bicycle advocacy in CENLA including participation in the metropolitan planning meetings regarding the needs of our local residents
- Dues support bike safety skills program to third graders in Rapides Parish Schools
- FFC annual t-shirt (1 for individual membership, 2 for family membership) Please indicate shirt size here:
• Shirt size _____
- Added to the email distribution list to communicate group training runs and rides as well as upcoming local events
- Participate in any educational programs on topics addressing nutrition, wellness, and physical fitness
- Purchase running and cycling uniforms and gear below wholesale cost
- 5% off of any bike parts/accessories at RED RIVER CYCLERY (*Let cashier know you are a FFC member*)
- 15% discount code for Running Warehouse
- Friends of Run GDN and KBC members get a \$5.00 discount on membership dues

FFC is largely dependent on support from our sponsors. FFC ask all members to wear FFC uniforms while participating in running and cycling events and while training in appreciation of our sponsors.

FFC expects demonstration of good sportsmanship toward members, teammates, other teams/athletes, officials and spectators. Please keep in mind our organization is comprised of beginner, intermediate and competitive runners, cyclists and triathletes. Mutual respect is required for our organization to be successful. Anyone who would like to organize group runs and rides is welcome to do so. The more people we have organizing runs and rides the more we can increase participation.

Member Signature

Date

Fit Families for Cenla / S3 Racing

WAIVER AND RELEASE OF LIABILITY -- READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the **Fit Families for Cenla and S3 Racing** program, its related events and activities, I, _____, the undersigned, acknowledge, appreciate, and agree that: (Print Name)

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,

3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately; and,

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE **Fit Families for Cenla and S3 Racing**, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. If this clause is deemed void under any law, then I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin agree that damages shall be limited to the return of my entry fee or club dues, whichever is the lesser of the two.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

x _____ Age: _____ Date Signed: ____/____/____
PARTICIPANT'S SIGNATURE

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

x _____ Date Signed: ____/____/____
PARENT/GUARDIAN'S SIGNATURE (Print Name)