

Conejo Valley Trail Runners

Membership Application & Waiver

(Mail to: CV Trail Runners at 32017 Foxmoor Ct., Westlake Village, CA 91361)

Last Name _____ First Name _____ Date _____

Parent or Legal Guardian (if under 18 years of age): _____

Street Address _____ City _____ Zip _____

Home Phone (_____) _____ Cell Phone(_____) _____ M F

Occupation _____ Email _____

Emergency Contact Name _____ Phone (_____) _____

I learned about CV Trail Runners Club from _____

of years running: _____ Weekly mileage: _____ Favorite distance/s: _____

Injuries: _____

I am interested in: _____ Exploring new trails _____ Increasing mileage _____ Making new friends
_____ Trail racing _____ Trail running as Cross-training _____ Weight Management

T-shirt size: _____

_____ First year dues: \$180 is is not enclosed on (date) _____

_____ Quarterly dues: \$65 (with the option to upgrade to annual membership after 3 months)

Waiver: I understand that trail running is potentially dangerous. I understand that my elective and voluntary participation in any of the Conejo Valley Trail Runners club activities may cause injury or harm to my body. I assume all risks associated with trail running including, but not limited to the risk of heat related injuries, dehydration, sunburn, potential animal encounters, poison oak exposure and contact, and injuries related to falls due to trail conditions. I understand that these are mountain trails, away from medical services, and that there are **rattlesnakes, coyotes, mountain lions, ticks, poison oak, and other potentially dangerous** and harmful elements in the area. Having read this waiver and knowing these facts, and in consideration of becoming a Conejo Valley Trail Runners club member and upon acceptance of my application for the Conejo Valley Trail Runners club, I release, discharge, hold harmless and agree not to sue Conejo Valley Trail Runners, Janna Williams, Mary Ann Carraher, Chris Fisher, its agents and representatives, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Conejo Valley Trail Runners club or running and training under the coaching guidance of Mary Ann Carraher. Liability may arise out of negligence on the part of the persons named in this waiver, but I claim responsibility for my own actions as a member. I attest that I am in good health and sufficiently trained for participation in the Conejo Valley Trail Runners club activities. In addition, I am not under the supervision of a physician. I grant permission to Conejo Valley Trail Runners to use any photographs or video recordings for its purpose of social media and promoting the club. Other club names include C.V.Trail Runners and CVTR.

By signing below, I acknowledge that I have read and understand all of the above.

Date _____ Signature _____