



## Women's Backpacking Class

### Spring 2016 Registration

Sponsored by Mountain Roots

Classroom Sessions Mondays from 7-8:30pm

March 21, April 4, 11 & 18

Day Hike (optional) with packs April 12

Overnight Backpacking Trip April 23-24

Learn all the essentials you'll need to begin the sport of backpacking. Classroom topics include pre-trip planning, boot selection, food selection and stove use, water purification, gear selection, how to pack, campsite setup, and "leave no trace" ethics. The class is designed to give you the confidence and basic skills to spend a night or a few days enjoying the backcountry. Class size is limited so apply early.

Contact: Jayne Fought [jrfought@gmail.com](mailto:jrfought@gmail.com) (260) 463-1904

**Fees:** \$115 Fees cover course costs and instruction but does not include the trip food, transportation, or personal equipment. Some loaner packs, tents, etc. will be available. Refunds must be requested prior to March 31st. A \$10 processing fee will be withheld from all refunds.

**Note:** Backpacking can be a strenuous activity and requires good general health. Pack weights can vary considerably and are based on personal preference and tolerance. Understand that you will carry at least 25 lbs. for a distance of 5 miles each day for the weekend outing. We encourage you to start carrying some weight in a daypack and hike around your neighborhood.

**REGISTRATION:** Please print clearly, one form per person. Registration form and \$115 payment due before March 14<sup>th</sup>.

Please write "Women's Backpacking Class" in the note field of your check. Please send your completed registration form and check made payable to Mountain Roots, Inc. to: P.O. Box 248, Cedar Mountain, NC 28718.

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

Phone \_\_\_\_\_

Birthdate: \_\_\_\_\_

Please list any physical/health conditions, including allergies, which should be known in case of an emergency or which may affect your participation in the class. \_\_\_\_\_

Briefly describe your outdoor experience and skill level. \_\_\_\_\_

What are your goals for this course? \_\_\_\_\_

**Important:** Participation in class will require a signed liability waiver. (see below)

## Mountain Roots Backpacking Class Waiver & Release Form

### Please read before signing

Participant's Name \_\_\_\_\_ Date \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

In consideration of being allowed to participate in any way in the *Mountain Roots* program, its related events and activities, I (or parent/guardian name if under the age 18) \_\_\_\_\_, the undersigned, acknowledge, and agree that:

1. **Programming associated with Mountain Roots can be inherently dangerous**, and not all risks are foreseeable. Risks can include but are not limited to: weather, lightning, falls, slips, animal and insect bites, physical exhaustion, judgment and human error. Activities associated with Mountain Roots programming may be strenuous and require suitable fitness in order to conduct activities safely. This does not include all possible risks associated with Mountain Roots programs nor is it possible for Mountain Roots, Inc. to identify all risks.
2. **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS FOR MYSELF, OR MY CHILD (if under the age 18)**, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation. I am financially capable of providing medical care and treatment for myself, or my child any injuries associated with my participation in any Mountain Roots programming.
3. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS** *Mountain Roots, Inc.*, and their instructors, officers, officials, agents and/or employees, other participants, sponsoring agencies, and all affiliates, sponsors, advertisers, and if applicable, owners and leasers of premises used for 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.
4. Any dispute, controversy or claim arising out of or related to this Agreement or the interpretation of this Agreement shall be settled by arbitration in accordance to the rules of the American Arbitration Association, except to the extent modified per the Rules of Court of the State of North Carolina. The place of arbitration shall be Brevard, North Carolina.
5. If any term, clause, or provision of this Assumption of Risk, Waiver, and Release from Liability Agreement is held to be illegal, invalid or unenforceable, or the application thereof to any person or circumstance shall to any extent be illegal, invalid or unenforceable under present or future laws effective during the term hereof or of any provisions hereof which survive termination, then and in any such event, it is the express intention of the parties that the remainder of this Agreement, or the application of such term, clause or provision other than to those as to which it is held illegal, invalid or unenforceable, shall not be affected thereby, and each term, clause or provision of this Assumption of Risk, Waiver, and Release from Liability Agreement and the application thereof shall be legal, valid and enforceable to the fullest extent permitted by law.

***I have read this release of liability and assumption of risk agreement, fully understanding its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.***

Participant Signature (or parent/guardian) \_\_\_\_\_ Date: \_\_\_\_\_

**Photo release**

I allow Mountain Roots, Inc. and/or Jayne Fought to utilize any photographs taken during the 2016 Spring Women's Backpacking Class for promotional purposes.

Participant Signature (or parent/guardian) \_\_\_\_\_ Date: \_\_\_\_\_

With any questions about this specific class, contact Jayne Fought at 260-463-1904 OR email [jrfought@gmail.com](mailto:jrfought@gmail.com)

With questions about Mountain Roots and/or other programming, contact us at 828-384-4629 OR email [ali@mountainroots.org](mailto:ali@mountainroots.org) Visit [www.mountainroots.org](http://www.mountainroots.org) for more information and LIKE US on Facebook.