

Pedal 'n Paddle Pittsburgh Connections Kick-off 2009

Saturday, August 22, 2009

Bus Departs: 9:45 a.m.

From: UC Turnaround

Bus Returns: 2:15 p.m.



Thanks for signing up for Venture Outdoors' Pedal n' Paddle as part of Pittsburgh Connections Kick-off 2009.

Join us for a bike ride along the North Shore Riverfront Trail and a kayak paddle on the Allegheny River. Half of the group will start with biking, while the other half start with the paddle and then you'll switch. The guided beginner level flat-water kayaking trips will start with basic instruction and some practice time before heading up the Allegheny River. From the river you'll see gorgeous views of the Pittsburgh skyline and experience the serenity of the water on this unique urban recreational experience. The guided beginner level bike ride will take you along downtown's North Shore Riverfront Trail where you'll see such sites as Heinz Field, PNC Park, and a spectacular view of the famous fountain at the Point. Your bus departs at 9:45 a.m. sharp! Please arrive early to ensure that you do not miss it. All equipment will be provided including a bike and helmet. Bathroom facilities will be available during the outing.

WHAT TO BRING

Essentials: *Dress for the weather, some exercise, and plan to get a little wet.*

- Water
- Snacks
- Synthetic (nylon, polypro, etc.) shorts or pants.
- T-shirt and/or light jacket or rain jacket. (Synthetic fabrics will dry more quickly and wick moisture away from your skin.)
- **Comfortable shoes for biking and paddling**
- A hat with a brim - to keep the sun or rain out of your eyes.
- Small day pack for everything listed above
- Sunscreen

Extras: camera, sunglasses, lip balm

Venture Outdoors does not allow participants to bring electronic games, alcoholic beverages, illegal drugs, or firearms on any of our excursions.

Carnegie Mellon University
GENERAL RELEASE

I want to participate in the **Pittsburgh Connections Pedal and Paddle Kickoff Event** to take place on **August 22, 2009** ("Activity"). I understand that there are hazards and risks, as well as benefits, associated with my participation in the Activity. In consideration of the benefits, I, on behalf of myself and those acting on my behalf, irrevocably and unconditionally release, waive, and promise not to sue Carnegie Mellon University ("Carnegie Mellon") and those acting on its behalf, from/for any and all liabilities, losses, injuries, damages, claims, demands, actions and/or causes of action arising from or connected with my participation in the Activity, including but not limited to, transportation connected to the Activity and the securing of medical treatment.

The laws of the Commonwealth of Pennsylvania shall apply to this release. If any of the provisions in this release are declared illegal, unenforceable, or ineffective, such provisions shall be deemed severable, and all other provisions contained in this release shall remain valid and binding. I sign this release with the intent to be legally bound by it. I am an adult (18 years of age or older), competent to sign this release (or I am under 18 and my parent/guardian is co-signing below). I am signing this release voluntarily. I have read this release and I understand its contents.

Signature

Date

Print Name

Date of Birth

IF THE STUDENT IS UNDER 18 YEARS OLD A PARENT/GUARDIAN MUST CO-SIGN BELOW:

I want my son/daughter to participate in the above Activity. I understand that there are hazards and risks, as well as benefits, associated with participation in the Activity. In consideration of the benefits, I, on behalf of myself, my son/daughter, and those acting on our behalf, irrevocably and unconditionally release, waive, and promise not to sue Carnegie Mellon and those acting on its behalf, from/for any and all liabilities, losses, injuries, damages, claims, demands, actions and causes of action arising from or connected with his/her participation in the Activity including but not limited to, transportation connected to the Activity and the securing of medical treatment.

The laws of the Commonwealth of Pennsylvania shall apply to this release. If any of the provisions in this release are declared illegal, unenforceable, or ineffective, such provisions shall be deemed severable, and all other provisions contained in this release shall remain valid and binding. I sign this release with the intent to be legally bound by it. I am an adult (18 years of age or older), competent to sign this release. I am signing this release voluntarily. I have read this release and I understand its contents.

Signature

Date



VENTURE OUTDOORS

Acknowledgment and Assumption of Risk

I acknowledge that by signing this document, I am releasing Venture Outdoors, Inc. (VO) and their respective agents, employees, members, sponsors, promoters, partners, officers, directors and affiliates (collectively "Releasee's") from liability. This release form is a contract with legal consequences. I have been advised to read it carefully before signing.

Venture Outdoors activities covered by this document include: hiking, biking, canoeing, kayaking, rafting, camping, backpacking, snowshoeing, cross country skiing, swimming, fishing, in-line skating, trail maintenance, cleanups, rock climbing, caving, dog activities, outdoor leadership training and any other recreational or educational program offered by Venture Outdoors.

Although VO has taken reasonable steps to provide me with appropriate equipment and skilled staff for the outing for which I have registered, I acknowledge that the activities of this outing have risks, including certain risks which cannot be eliminated without destroying the unique character of the activities. The same elements that contribute to the unique character of these activities can cause loss or damage to my equipment, accidental injury, illness, or in extreme cases, permanent trauma, disability or death. I understand that VO does not want to frighten me or reduce my enthusiasm, but considers it is important for me to know in advance what to expect and to be informed of the activities' inherent risks. The following describes some, but not all, of those risks:

- VO courses and outings may occur in remote places, many miles from medical facilities. Communication and transportation can be difficult and sometimes evacuations and medical care may be significantly delayed.
- Equipment may fail or malfunction, despite reasonable maintenance and use.
- Travel is by vehicle, snowshoe, skis, foot, canoe, kayak and other means, over rugged unpredictable off-trail terrain, including boulder fields, downed timber, rivers, rapids, river crossings, snow and ice, steep slopes, and slippery rocks. Attendant risks include collision, falling, drowning and others usually associated with such travel, including environmental risks.
- Environmental risks and hazards include rapidly moving, deep or cold water; insects, snakes or predators, including large animals; falling and rolling rock; lightning, avalanches, flash floods and unpredictable forces of nature, including weather which may change to extreme conditions without notice. Possible injuries and illnesses include hypothermia, frostbite, sunburn, heatstroke, dehydration, and other mild or serious conditions.
- VO activities are conducted indoors and outdoors, day and night. Physical activities include running, sustained climbing, hiking and repetitive lifting.
- Decisions are made by the instructors, trip leaders and participants usually in a wilderness setting, based on a variety of perception and evaluations which by their nature are imprecise and subject to reasonable errors in judgment. Misjudgments may pertain to, among other things, a student's or participant's capabilities, environment, terrain, water and weather conditions, natural hazards, routes and medical conditions.
- VO participants, including minors, will have unsupervised free time before, during and after their course or outing. Free time activities are not part of the VO program and are at the sole risk of the participants. VO has no responsibility for such activities. VO staff and volunteers may from time to time provide assistance or even accompany participants in these free time activities, but in doing so, they are acting as private individuals, and not for VO.

I am aware that VO activities include risks of my injury or death. I understand the description above of these risks is not complete and that other unknown or unanticipated risks may result in property loss, injury or death. I agree to assume responsibility for the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and in full knowledge of the inherent risks.

I acknowledge that engaging in this program may require a degree of skill and knowledge different from other activities and that I have responsibilities as a participant. I acknowledge that the staff and volunteers of VO have been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

I represent that I am fully capable of participating in the program, without causing harm to others or myself. Therefore I, and my parent(s) or guardian if I am a minor, assume and accept full responsibility for me and for injury, death and loss of personal property and expenses suffered by me and them as a result of those inherent risks and dangers identified herein, those inherent risks and dangers not specifically identified, and as a result of my negligence or otherwise wrongful conduct in participating in these activities. For myself, my heirs, executors, administrators, legal representatives, assignees, and successors in interest (collectively "Successors") **I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, AND PROMISE TO INDEMNIFY AND NOT TO SUE** the Releasee's and the sponsors of this event, the organizer and any promoting organizations, property owners, law enforcement agencies, all public entities, special districts and properties, and their respective agents, officials, and employees through or by which the events will be held, (the foregoing are also collectively deemed to be Releasee's), **FROM ANY** and all rights and **CLAIMS INCLUDING CLAIMS ARISING FROM THE RELEASEES' OWN NEGLIGENCE**, which I have or which may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with the event, or travel to or return from the event.

I agree it is my sole responsibility to be familiar with the Releasee's rules, and any special regulations for the event. I understand and agree that situations may arise during the event which may be beyond the immediate control of VO. I will follow the instruction and guidance of the trip leader(s). I have no physical or medical condition which to my knowledge, would endanger myself or others if I participate in this event, or would interfere with my ability to participate in this event.

In addition, I hereby grant full permission to the trip leaders, the Venture Outdoors and their respective agents, boards, commissions, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose, including for advertising display, audiovisual presentations or otherwise.

I agree, for myself and my successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my successors assert my claim in contravention of this agreement, the asserting party shall be liable for the expenses (including legal fees) incurred by the other party or parties in defending, unless the other party or parties are finally adjudged liable on such claim for willful and wanton negligence. This agreement may not be modified orally, and a waiver of any provision shall not be construed as a modification of any other provision herein or as consent to any other provision herein or as consent to any subsequent waiver or modification.

Every term and provision of this agreement is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable. This agreement is entered into voluntarily, after careful consideration and is binding upon the persons signing below, their heirs, executors, administrators, wards, minor children and other family members.

Name (print) _____

Street _____

City _____ State _____ Zip _____

Phone #(____) ____ - _____ Email: _____

Date of Birth: _____ Ethnicity (optional) _____

Emergency contact: _____ Phone # _____

Signature of Participant: _____ Today's date: _____

Consent and Release of Parent or Guardian (Only to be filled out for children under the age of 18)

I am the parent or guardian of _____ (Child). My Child is fit for the VO event, and I consent to my Child's participation. In consideration of allowing my Child to participate, I consent to it and agree that **ALL OF ITS TERMS SHALL LIKEWISE BIND ME, MY CHILD**, my heirs, legal representatives, and assignees. **I HEREBY RELEASE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM EVERY CLAIM AND ANY LIABILITY** that I or my Child may allege against the Releasee's (including reasonable attorney's fees or costs) as a direct or indirect result of injury to me or my Child because of my Child's participation in this activity, **WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES** or others. **I PROMISE NOT TO SUE RELEASEES** on my behalf or on behalf of my Child regarding any claim arising from my Child's participation in the activity.

Initial Here _____

I HAVE READ AND I UNDERSTAND ALL OF THE PROVISIONS OF THIS DOCUMENT. I UNDERSTAND THAT VENTURE OUTDOORS IS RELYING UPON MY SIGNATURE AND WOULD NOT PERMIT MY CHILD TO PARTICIPATE IN THE ACTIVITIES OF VENTURE OUTDOORS IF I DID NOT SIGN THIS RELEASE, AND I AM SIGNING THIS RELEASE VOLUNTARILY AND WITHOUT ANY COERCION.

I permit the use of any photos, slides, films, or sketches of my Child taken during the day's activities for publicity, advertising, promotion or other commercial purpose. The above agreement shall be binding on my heirs, successors, assigns, administrators and executors.

In addition, VO is authorized to obtain or provide emergency hospitalization, surgical or other medical care for my child.

This agreement is entered into voluntarily, after careful consideration and is binding upon the persons signing below, their heirs, executors, administrators, wards, minor children and other family members.

Name of parent or guardian (print) _____

Signature of parent or guardian _____ Today's Date: _____