AKRON METRO PARKS HIKING CLUB

Thank you for your interest in the Akron Metro Parks Hiking Club! We're pleased to let you know that you've completed the first step toward membership by joining us for one hike. To finalize your enrollment, please submit your membership dues along with a signed liability form.

Enclosed you'll find:

- A fact sheet with general information about the Akron Metro Parks Hiking Club (AMPHC)
- A new member enrollment form
- Release of Liability form

Once we receive your completed documents, you will be officially welcomed as a new member of the club.
We look forward to many great hikes together!

Please fill out the Member Application and Release of Liability forms and send with a $10.00 check for dues (individual) or $15.00 check (family) payable to AMPHC to:
Nazy Gholizadeh
414 Sawgrass Drive
Fairlawn, OH 44333

CASH WILL NOT BE ACCEPTED

We publish a monthly newsletter, Footprint, containing the schedule of our hikes and other information. We will send the newsletter via your email on the attached application form. You can also visit our website akronhikers.org at any time for the schedule of our hikes.

Nazy Gholizadeh, Treasurer

Akron Metro Parks Hiking Club (AMPHC)

The Akron Metro Parks Hiking Club ("AMPHC") is a recreational non-profit organization founded in 1965. Our hikes are usually five miles and are scheduled throughout the month at different locations in Summit County and surrounding areas of Ohio. Many of our hikes are on trails in Cuyahoga Valley or one of the Metro Parks, and on sections of the Ohio & Erie Canal Towpath, and Bike and Hike Trails, although we also feature "neighborhood" walks on sidewalks and streets. Upon joining the club, the *Footprint*, our newsletter listing all the hikes and events for the upcoming month, will be emailed to you or can be downloaded from our website at www.akronhikers.org.

After one hike as a visitor, an individual may join the Club for a yearly membership fee of $10.00 for singles; $15.00 for family.

Occasionally social events are included with a hike – such as lunch or dinner, ice cream stops, etc. Every summer the club hosts an annual picnic and in February the Soup/Chili hike is a great way to enjoy a winter day in the company of friends. An annual meeting and dinner is scheduled every October at which time we elect new Board officers.

Mileage patches are awarded once a hiker has achieved a certain level of miles walked: 100, 250, 500, 750, 1000, 1500, etc. One of our members has hiked over 25,000 miles!

A FEW POINTERS ON HIKING ETIQUETTE AND GENERAL RULES

- It is a good idea to bring water and wear appropriate clothing and footwear. Trails are often muddy after periods of rain. In winter there may be ice. There are various safety items you can purchase for more traction to slip on the sole of your hiking boots that can help prevent slipping. A hiking ski-type pole or stick is a good investment.
- Depending on the pace of the hike set by the leader and the difficulty (easy to strenuous), our 5-mile hikes generally average 1-1/2 to 2 hours.
- Keep the hiker in front of you within sight at all times.
- A rear guard may be assigned on some hikes so that no hikers are left behind.
- When walking on the Ohio & Erie Canal Towpath or Hike & Bike trails, keep to the right so bikers and runners may pass. Please remember that these are shared trails.
- On bridle trails, horses have the right of way. Please step to the side and let them pass.
- When walking along roads, face oncoming traffic.
- If you are in doubt if a hike will take place due to extreme weather, call the hike leader.

We are glad you have contacted us and are always happy to welcome new members!

Akron Metro Parks Hiking Club New Membership Form

Member Information (please print)
Full Name: _____
Address: _____
City/State/Zip: _____
Cell Phone Number: _____
Email Address: _____
Type of Membership (Check one):
☐ Individual
☐ Family

Public Membership Roster
Our club maintains a roster that may be shared with other members for communication and community-building.
☐ **Check here if you do NOT wish to be included in the public membership roster.**

Emergency Contact Information
Emergency Contact Name: _____
Relationship to You: _____
Emergency Contact Phone: _____

(All information is kept confidential and only used in case of an emergency.)

You will receive the Footprint (schedule of hikes) by email or you can find the monthly footprint posted online at akronhikers.org

Please fill out and return to:

Nazy Gholizadeh
414 Sawgrass Drive
Fairlawn, OH 44333 Date:

Please don't forget to include your signed Release of Liability form and your check for $10, Individual, $15, family. Checks should be made payable to AMPHC. (cash cannot be accepted)

HIKING RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT FOR THE YEAR_____

Please read and be certain you understand the implications of signing

Express Assumption of Risk Associated with Hiking and Related Activities

I_____ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with hiking, transportation of equipment related to the activities, and traveling to and from activity sites, in which I am about to engage. Inherent hazards and risks include but are not limited to:

1. Risk of injury from the activity and equipment utilized is significant including the potential for permanent disability and death.
2. Falling, causing broken bones severe injuries to the head, neck and back which may result in severe impairment or even death.
3. All "act of nature," including but not limited to avalanche, rock fall, inclement weather, thunder and lightning, severe and or varied wind, temperature and other weather conditions.
4. Risks associated with crossing, climbing or down-climbing of rock, snow and/or ice.
5. Risks associated with river crossings, fordings, or portaging.
6. Possible equipment failure and/or malfunction of my own or others' equipment, which may have been rented, borrowed, or personally owned.
7. My own negligence and/or the negligence of others, including employees, agents, independent contractors or representatives of including but not limited to operator failure.
8. Cold weather and heat related injuries and illness including but not limited to frostnip, frost bite, heat exhaustion, heat stroke, sunburn, hypothermia and dehydration.
9. Attack by or encounter with insects, reptiles, and/or animals.
10. Accidents or illness occurring in remote places where there are no available medical facilities.
11. Fatigue chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accidents.
12. My sense of balance, physical coordination, and ability to follow instructions.

***I understand the description of these risks is not complete and that unknown or unanticipated risks may result in Injury, illness, or death.**

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in any way in hiking and related activities, I hereby agree, acknowledge and appreciate that:

1. I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE, the following named entity, herein referred to as releasees.

   Akron Metro Parks Hiking Club

2. To release the releasees, their officers, directors, employees, representatives, agents, and volunteers, from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of engaging in the above activities.
3. By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this Agreement.
   This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

HIKING RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

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

Signature of Adult Participant	Name of Adult Participant (Please Print)
_____	_____
Date	Date

FOR PARTICIPANTS OF MINORITY AGE: This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

Signature of Parent or Adult Legal Guardian if participant is a Minor and by their signature, they on my behalf release all claims that both.	Name of Parent or Adult Legal Guardian
	_____
	Date

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