

# Forest Hill Spring Classic

Sun., April 21, 1-4 p.m.

Forest Hill Park  
4021 Forest Hill Avenue  
Richmond, VA

\$25 Registration Fee until April 8  
\$30 day of the race

**MAKE CHECK PAYABLE TO: FFHP**  
Mailing Address: FFHP  
P.O. Box 13161 Richmond, VA 23225

SPONSORED BY:



Participant Name: \_\_\_\_\_  
Birth Date: \_\_\_\_\_  
Age: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Race Category:**  4 and under  7 and under  12 and under

**T-shirt Size**

Youth XS  Youth SM  Youth Med  Youth L  Youth XL  
 Adult SM  Adult Med  Adult L  Adult XL

Parent/Guardian Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Parent/Guardian Phone #: \_\_\_\_\_  
Secondary Contact – Name/Phone (Optional): \_\_\_\_\_

**RSVP for Training Sessions**

**5:30-6:30 PM, Forest Hill Park**

April 11  April 16  April 18

**Signature of Participant**

(Signature of parent / legal guardian if Participant is under the age of 18)

I understand that the mountain bike course consists of uneven, hazardous terrain, and the risk of accident caused by me and other riders. My participation is entirely voluntary, and I hereby waive, release, and discharge any and all claims for damages for personal injury, disability, or property damage of any kind which may hereafter occur to me as a result of my participation in this event. This release is expressly intended to discharge in advance Friends of Forest Hill Park, Virginia Outside, the City of Richmond and their employees, agents and volunteers that are connected in any way to my participation in this event.

**Risk Acknowledgement**

Please Read Carefully Before Signing

In consideration for my child being permitted to participate in the activities of FRIENDS OF FOREST HILL PARK, THE CITY OF RICHMOND and VIRGINIA OUTSIDE I acknowledge the following:

I acknowledge that biking has inherent risks, hazards, and dangers for anyone, that cannot be eliminated. I UNDERSTAND THAT THESE RISKS, HAZARDS, AND DANGERS INCLUDE WITHOUT LIMITATION:

- 1. Encounters with wildlife, animals, and insects
- 2. Temperature extremes
- 3. Inclement weather conditions and unavailability of immediate medical attention in the wilderness in case of injury.
- 4. Falling from a bike

I understand the risks, hazards, and dangers of outdoor activities and have had the opportunity to discuss them with FRIENDS OF FOREST HILL PARK, THE CITY OF RICHMOND and VIRGINIA OUTSIDE. I understand these activities may require good physical conditioning and a degree of skill and knowledge. I believe I have good physical conditioning and the degree of skill and knowledge necessary for me to engage in these activities safely. I understand that I have responsibilities. My participation in this activity is purely voluntary. No one is forcing me to participate and I elect to participate in spite of the risks. I AM VOLUNTARILY USING THE SERVICES OFFRIENDS OF FOREST HILL PARK, THE CITY OF RICHMOND and VIRGINIA OUTSIDE WITH FULL KNOWLEDGE OF THE INHERENT RISKS OF INJURY, PARALYSIS, OR DEATH.

Lastly, I, for myself, my heirs, successors, executors, and subrogees, hereby KNOWINGLY AND INTENTIONALLY WAIVE AND RELEASE INDEMNIFY AND HOLD HARMLESS FRIENDS OF FOREST HILL PARK, THE CITY OF RICHMOND and VIRGINIA OUTSIDE, FRIENDS OF FOREST HILL PARK and the CITY OF RICHMOND, their directors, officers, agents, employees, and volunteers from and against any and all claims, actions, causes of action, liabilities, suits, expenses (including reasonable attorneys' fees) which are related to, arise out of, or are in any way connected with my participation in this activity including, but not limited to, NEGLIGENCE of any kind or nature, whether foreseen or unforeseen, arising directly or indirectly out of any damage, loss, injury, paralysis, or death to me or my property as a result of my engaging in these activities or the use of these services, animals or equipment, whether such damage, loss, injury, paralysis, or death results from negligence of FRIENDS OF FOREST HILL PARK, THE CITY OF RICHMOND and VIRGINIA OUTSIDE. Or from some other cause. I, for myself, my heirs, my successors, executors, and subrogees, further agree not to sue FRIENDS OF FOREST HILL PARK, THE CITY OF RICHMOND and VIRGINIA OUTSIDE OR any landowner on whose property they operate. As a result of any injury, paralysis, or death suffered in connection with my use and participation in the activities of FRIENDS OF FOREST HILL PARK, THE CITY OF RICHMOND and VIRGINIA OUTSIDE.

Additionally, I acknowledge and approve that photos/video may be taken of participants during programs and used for advertising purposes in print, on social media, and on the company's website or other websites aimed at promoting the company's activities.

I HAVE CAREFULLY READ, CLEARLY UNDERSTAND, AND VOLUNTARILY SIGN THIS WAIVER AND RELEASE AGREEMENT. I AGREE THAT I AND THE PARTICIPANT ARE SUBJECT TO ALL THE TERMS OF THIS DOCUMENT, AS SET ABOVE:

Date: \_\_\_\_\_

Signature: \_\_\_\_\_