

**Allegheny National Forest Chapter of the North Country Trail Association**  
**WAIVER AND RELEASE FORM**  
**ALLEGHENY 100 HIKING CHALLENGE**

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

I, (please print name) \_\_\_\_\_, desire to participate in the Allegheny 100 Hiking Challenge and am signing this waiver form. I understand its intent, and I, for myself, my heirs, executors, administrators, and representatives do agree, absolve and hold harmless as a participant in the Allegheny 100 Hiking Challenge the organizer, the Allegheny National Forest Chapter of the North Country Trail Association, the North Country Trail Association, the National Park Service (custodian for the North Country National Scenic Trail), affiliate agencies, any sponsor and the National Forest Service of any responsibility for any accidents or injuries that I might suffer while participating in this event. I fully understand and acknowledge that: (a) risks and dangers exist by virtue of the nature of the activities of hiking (b) such activities, my use of equipment and/or participation in such activities may result in illness or injury or death or damage to personal property and (c) these risks and dangers may be caused by other participants, by accidents, by the forces of nature or other causes. Risks and dangers may arise from foreseeable or unforeseeable causes, including, but not limited to, selection of trail, water level, current hazards, weather conditions and any dangers that are integral to physical activities that take place in a wilderness, water, outdoor or recreational environment. I hereby knowingly and voluntarily accept and assume these risks and dangers and the possibility of illness, injury or death or damage to personal property on my behalf.

I realize and accept that outdoor activities can sometimes lead to accidents, injuries and even death and therefore, I absolve the organizer, the Allegheny Forest Chapter of the North Country Trail Association, the North Country Trail Association, the National Park Service (custodian for the North Country National Scenic Trail), affiliate agencies, any sponsor and the National Forest Service, where the hike will take place, from any responsibility for anything that happens to me and any other parties connected with this event in any way, together with their respective successors and assignees singly and collectively, from and against any blame and liability for any injury, harm, loss, inconvenience or any other damage of any kind whatsoever that may result from or be connected in any way to my participation in the Allegheny 100 Hiking Challenge.

I acknowledge that my donation is for membership in the NCTA and a commemorative shirt. I accept that it is not for anything else.

The only support that I will receive as a participant in this event is a one way shuttle from the trailhead where I've decided to end my hike to the beginning of the. Other than that, there is no other support that I can expect.

In addition to the absolute and unqualified release from all liability, I hereby state that I am physically capable of participating in this event. I understand and acknowledge that hiking can be a dangerous sport and that I am fully responsible for myself in participating in this event. In the case of an accident or injury, I will do the best I can to get help. I categorically state that I am in good physical condition, do not have any pre-existing health conditions like a weak heart or anything else that might put me at serious risk while participating in the Allegheny 100 Hiking Challenge. I understand that I must be in good physical condition to participate in this event. I understand that strenuous physical exertion will be required and I have no known physical disabilities or health problems that will present any risk to my participation in this event. Prior to the event it was recommended to me that I receive a physical examination to insure that I am in good health.

If I so choose, I can carry a cell phone and call emergency 911 and receive emergency aid. However, I acknowledge that not all areas can receive cell phone reception and I hereby absolve and hold harmless the hike organizer, the Allegheny Forest Chapter of the North Country Trail Association, the North Country Trail Association, the National Park Service (custodian for the North Country National Scenic Trail), affiliate agencies, any sponsor and the National Forest Service if I am unable to acquire cell phone reception. All aid provided by any emergency service is my own responsibility and not that of the hike organizer, the Allegheny Forest Chapter of the North Country Trail Association, the North Country Trail Association, the National Park Service (custodian for the North Country National Scenic Trail), affiliate agencies, any sponsor and the National Forest Service. I hereby consent to and permit emergency treatment in the event of injury or illness while participating in the event.

I accept that if I end my hike prematurely, meaning that I don't make it to the trailhead where I left my vehicle, I will make my own arrangements to get to my vehicle.

I accept that I am responsible for carrying my own gear, food and water and will use discretion in trying to finish the hike.

I permit the use of any photos, slides, films, or sketches of me taken during this event for promotional purposes.

\_\_\_\_\_  
Participant's name

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

\_\_\_\_\_  
Parent or Guardian's Signature:  
(Required for all participants under 18 years of age)

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