

Registrant

Name: _____

Address: _____

Phone: _____

Team Name: _____

Team Captain: _____

Facebook Name: _____

*Communication via FB

Please help me find a partner!

*REMEMBER to always check with your physician before starting any exercise program!

CARDIO CLUB MEMBER \$50 per person \$ _____

NON-MEMBER \$60 per person \$ _____

REMOTE PARTICIPANT \$65 per person \$ _____

***ADD \$10 to BIGGEST LOSER POT** \$ 10

TOTAL \$ _____

CHALLENGE FORMAT:

Week 1: Prep week

Week 2-5: EAT HARD CORE PALEO

- ONLY 2 WEIGH-INS!
- Total mind, body, spirit overhaul!
- Teams of 2!
- Prizes for TOP 3 Biggest Losers
- Weekly Prizes drawn at random!
- \$\$\$ prize for 1st Place BL!

Orientation & Initial Weigh-In:

Wednesday, June 19th @ 6:30pm

THE CARDIO CLUB, 17 Elm Street Delhi, NY



JUNE 22-JULY 27

Shirt order

- UNISEX TEE
- LADIES CUT TEE +\$5
- TANK TOP +\$5

Size:

	Lg. Youth
	Small
	Medium
	Large
	XL
	2XL
	3XL



*Shirts are not exchangeable

5 WEEK



CHALLENGE

More information & challenge details can be found @ www.thecardioclub.com

Contact us @ (607)746-7050 or email raegan@raegan.com for more info!



I, _____ agree to participate in the LiveFit Challenge and I voluntarily, for myself, my personal representatives, heirs and next of kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of the **LiveFit Challenge** and related activities and that I am qualified, in good health, in proper physical condition to participate in such an activity and have not been advised otherwise by a qualified medical professional. I further acknowledge that **The Cardio Club & Delhi Dance Studio** shall not provide medical examination, treatment, advice, or counseling. I agree and represent that I am responsible to seek medical examination, treatment, advice and counseling from my personal physician

2. **FULLY UNDERSTAND** that: (a) the event and related activities involve **RISKS AND DANGERS OF SERIOUS BODILY INJURY, ILLNESS OR EVEN DEATH ("RISKS")**; (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others, or the **NEGLIGENCE OF THE "RELEASEES" NAMED BELOW**; I **FULLY ACCEPT AND ASSUME ALL SUCH KNOWN AND UNKNOWN RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I INCUR AS A RESULT OF MY PARTICIPATION IN THE LiveFit Challenge.**

3. **HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE** the event organizer, its directors, managers, employees, volunteers, agents and representatives from **ANY AND ALL LIABILITY, CLAIMS, DEMANDS, AND CAUSES OF ACTION WHATSOEVER ARISING OUT OF OR RELATED TO ANY LOSS, DAMAGE, ILLNESS OR INJURY, INCLUDING DEATH, THAT MAY BE SUSTAINED BY ME, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES OR OTHERWISE, ARISING OUT OF OR RELATED TO MY PARTICIPATION IN THE EVENT.**

4. I **HEREBY AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS** the **The Cardio Club & Delhi Dance Studio** and **Reed & Stewart Properties, LLC** from any loss, liability, damage, or cost that I may incur, arising out of or related to my participation in the event.

5. I **EXPRESSLY AGREE** that this Waiver and Release of Liability Assumption of Risk and Indemnity Agreement is intended to be as broad and inclusive as is permitted by the law of the State of New York and that if any portion thereof is held invalid, the remainder shall continue in full legal force and effect.

I represent and warrant that: (a) there are no health-related reasons or problems which preclude or restrict my participation in the event; (b) I have read this Waiver and Release of Liability Assumption of Risk and Indemnity Agreement; (c) I fully understand its terms; (d) I understand that I have given up substantial rights by signing it; (e) I am aware of its legal consequences; and (f) I have signed it freely and voluntarily without any inducement, assurance, or guarantee being made to. All participants must be at least 15 years of age.

Signature _____ Date _____

Parent or Guardian Signature (if under 18 years old)

_____ Date _____

Initial if OK.

CONSENT TO USE OF MY IMAGE, and grant to **The Cardio Club & Delhi Dance Studio** and **Decker Advertising** the right to use, reproduce, display, distribute and make derivate works, in any and all media, my photo, video or of my voice and likeness recorded while participating in the LiveFit Challenge.

