

April 2009
The Las Vegas Ski &
Sports Club Newsletter



The Inside Edge

TGIF

Friday, April 10th

BJ's
COCKTAIL LOUNGE WEST

6 pm

6670 S. Tenaya Way, #100
Las Vegas, Nevada 89113
Phone: 257-7378

*(Near Sunset just off the 215
and Rainbow Blvd.)*

*This will surely become a new
favorite. Half price appetizers,
and half price specialty drinks,
wine from \$4.*

*Great atmosphere and fantastic
food. Don't Miss this one!*

Friday, April 24th

**Captain's
Cove**

6 pm

2902 Lake East Dr. • Phone: 982-1480

*West Sahara (past Durango)
& Lake Sahara*

*One of our favorites, free
appetizers while they last.*

**GENERAL MEMBERSHIP
MEETING & TGIF**

General Membership meeting

Dear LVSSC Members,

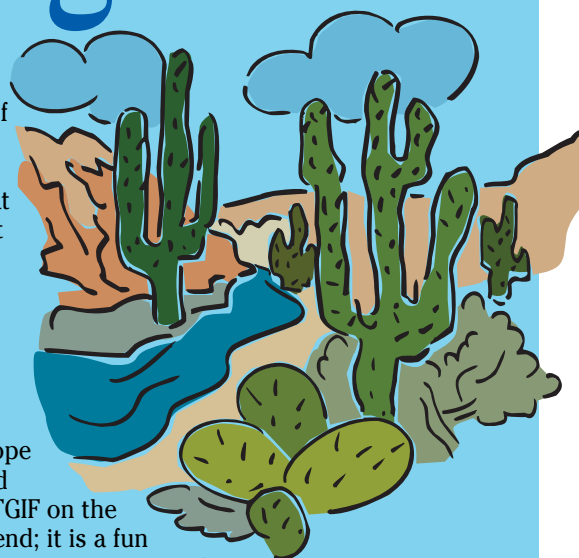
Hello everyone. Please take advantage of the great weather for which we came to Las Vegas. When you have a few hours, go to Lake Mead and walk around; look at the fish or take a boat ride; go on a short hike to Red Rock or Valley of Fire. Enjoy the weather before it gets too hot. Don't forget to wear sun lotion to protect your skin. We don't want to look like lizards ourselves.

This month we are extending a warm welcome to our new members and we hope that our "old members" will stand up and speak at our April General Meeting and TGIF on the 24th at Captain's Cove. Please try to attend; it is a fun location. Since I had to postpone this activity last month (and I apologize again), I hope that many of you will stand up and say a few things about yourselves such as how long you have lived in Las Vegas, what brought you to this city, various things any of us can do to help you, and anything else you would like to share with us. In exchange, you will be given a ticket on which you will write your name and be entered in a raffle for prizes.

Many activities have been planned so be sure to take advantage. Join Valerie on the hike to Arizona's Hot Springs. Attend the Swap Sale Event. Attend Board Game Night at Ron and Kristina's. Join the Golf Tournament in Boulder or the Golf weekend at St George. Sign up for the cruise to the Caribbean in October of 2009 or to Alaska in August of 2010.

Thank you for reading our newsletter and hope to see you soon.

Rosette Mare
Programs Director



Meeting Place Info

Friday, April 24th
6 pm TGIF
6:30 General Meeting
Captain's Cove
Phone: 982-1480
2902 Lake East Dr.
West Sahara (past
Durango) & Lake Sahara

HOTLINE NUMBER: 458-0469 ■ www.lasvegasskiclub.com

Proposed newsletter announcements are due not later than the 20th of the month prior to the event. Type your event announcement in a Word.doc file and send the file to newsletter editor as stated on the Board of Directors listing on page two of every newsletter.

BOARD OF DIRECTORS

OFFICERS

Mark McNeil Home: 702-895-9443
President mark42750@cox.net

Valerie Ward Home: 702-396-6652
Vice President/Assist. Programs ward828@yahoo.com

Kay Dee Puffer Home: 702-655-8096
Secretary maxvegas49@embarqmail.com

Michael Barrett Home 702-645-5826
Treasurer mbduster01@aol.com

COMMITTEE CHAIRS

Cyndy Bills Home: 702-361-1769
Trip Director/Director at Large/Asst. Programs cdbills2004@aol.com

Patsy McKenna Home: 702-294-4385
Membership patsy76@cox.net

John Mason Home: 702-683-8089
Hospitality jminstallation1@aol.com

Dotty White Home: 702-650-3405
Assistant Hospitality/Trip Director dorothywhite@cox.net

Rosette Mare Home: 702-818-4919
Assistant - Hospitality mare48@aol.com

Phyllis Silvaggio Home: 702-461-2477
Socials phyllissilvaggio@yahoo.com

Pat Park Home: 702-645-1184
Assistant Socials plp645@cox.net

Rosette Mare Home: 702-818-4919
Programs mare48@aol.com

Ron Williams Cell: 702-580-0056
Publicity & Marketing scubaronzo@cox.net

Michael O'Connor Home: 702-396-2125
Club Rep/Far West Ski Assoc. oconnorx@cox.net

Jim Boyd Home: 702-293-4503
Newsletter & Web Coordinator ejamesboyd@cox.net

Pete Petersen Home: 702-510-3921
Assist. Newsletter lcpetersen2006@yahoo.com

Jill Merk Business: 702-433-1578
Webmaster jill@elevatewebdesigns.com

MOVING?

Send change of address cards to:
Las Vegas Ski and Sports Club Membership
P.O. Box 42894
Las Vegas, NV 89116
To phone in address changes contact
Patsy McKenna (MEMBERSHIP) 294-4385.

NEWSLETTER POLICIES

Acceptance and cost of advertising are subject to the approval of the Board of Directors, and checks for advertising should be made out to: "Las Vegas Ski and Sports Club".

Mail typewritten articles or news for the newsletter to:

LVSSC Newsletter:

Jim Boyd

LVSSC

PO Box 42894

Las Vegas, NV 89116

Or E-mail:

ejamesboyd@cox.net

NEWSLETTER ADVERTISING RATES

1/8 page . . . \$15 month • 1/4 page . . . \$30 month 1/2 page . . . \$60 month
Set-up charge of \$10

Director's Column

Greetings to all members.

Last month, board members Ron Williams and Mark McNeil collaborated on an article concerning the importance of wearing helmets for skiers and snowboarders. This month, they want to update that article with the following:

As you all probably know, Actress Natasha Richardson died from internal bleeding caused by a blow to the head she received in a fall she took on a ski slope, an autopsy found. The medical examiner ruled her death an accident, and doctors said she might have survived had she received immediate treatment. This tragic event may have been avoided if a Ski Helmet was used. It is unclear at this point if that could have helped but statistics have proved that not wearing a Ski Helmet has contributed to many serious injuries and even death. It is sad to see Natasha Richardson leave us at such an early age.

Some members of congress took this as an opportunity to suggest enacting legislation to make helmets mandatory for skiing and snowboarding. We will not comment on this action, but keep it in mind.

While on the subject, helmets should also be worn while riding bicycles and motorcycles. Mark works in an industry where exposure to hazards are ongoing occurrences. Luckily, the Occupational Safety and Health Agency, OSHA, mandates rules to cover most of the hazards we are exposed to at work. He automatically looks for dangerous situations in almost everything he does: at work, and in his personal endeavors.

There are no such mandates for recreational activities. We rely on our own common sense and the assistance of our friends and relatives. If you or a friend has a fall, please get looked at by a professional and by all means wear a ski helmet for safety. Please do not become a statistic. We, and all the members of the Las Vegas Ski Club, want you around for a long time.

On a different note, warm weather is fast approaching. We are looking for ideas for fun activities like camping, hiking, kayaking and canoeing, etc. Please send your thoughts to any board member.

Mark McNeil
President LVSSC

Ron Williams
Board member

Attention all Las Vegas Ski & Sports Club Hikers

Arizona Hot Springs

— South of Hoover Dam —

Where: Arizona Hot Springs, South of Hoover Dam

Trail and hike rated: Moderate
Approx 6 miles-round trip (in and out)
4-6 hours
Total elevation gain is about 800 ft from the Colorado River up to the Trailhead Parking Lot

When: Sunday, April 19

Meeting Place:

SUNDAY at 7:30am
Cheesecake Factory Parking Lot
215 and Green Valley Parkway
(South side of 215)

Overview: *(thanks to birdandhike.com)*

This hike is located along Highway 93, south of the dam in Lake Mead National Recreation Area, about 1 hour southeast of Las Vegas.

This is a great, 3.25-mile hike to hot springs near the Colorado River. The route runs down a deep, narrow, geologically interesting canyon for 2.75 miles to the Colorado River, turns and runs downstream for 0.5 miles to the next canyon, then ascends that canyon for about 5 minutes to a 15-ft waterfall and an old metal ladder. Climbing the metal ladder brings you to the hot springs: two thigh-deep pools in the deep, narrow canyon. This is a place to sit, relax, and meet interesting people. Return to the trailhead by retracing your footprints.

What to bring: It will be hot. Bring plenty of water, sunscreen, snacks, camera, good hiking shoes, and shoes that you can get wet, maybe a change of clothes.

After the Hike: For those that want to, we will stop and have a mid-day snack and beverage when we get back to Boulder City.

Contact: Valerie Ward at 326-5167 or ward828@yahoo.com

Attention all Las Vegas Ski & Sports Club Hikers

Windy Peak

Mountain Springs Pass

on the road to Pahrump

Where: Windy Peak – Mountain Springs Pass (on the road to Pahrump)

Trail and hike rated: Moderate
Approx 6 miles-round trip
3-4 hours
Total elevation gain is about 1000 ft

When: Saturday, May 2

Meeting Place:

7:00am Departure
Starbucks
Charleston and Town Centre
Summerlin
OR (for those down on the south side of town)
7:30 AM
Corner of Highway 159 and Highway 160
Gas Station Parking Lot Southwest Corner

Overview:

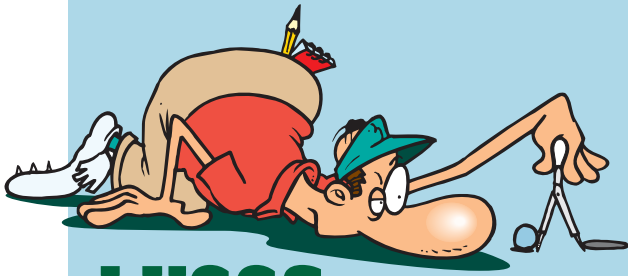
Windy Peak sits at the southern end of the Red Rocks at 6246'. From Mountain Springs Pass, it's a six-mile hike with right at 1000' of elevation gain. Total time usually runs around 3½ hours. The tough part of the hike is right at the beginning, as you ascend a fairly steep road. We exit the road after an hour or so, traverse a ridge line and finish up on sandstone. Great view of the city.

What to bring: It will be hot. Bring plenty of water, sunscreen, snacks, camera, good hiking shoes

After the Hike: For those that want to, we will stop and have a mid-day snack and beverage when we get back to the Valley.

Contact: Valerie Ward at 326-5167 or ward828@yahoo.com or Michael O'Connor at 396-2125 or oconnorx@cox.net.





LVSSC Spring Golf Tournament

(4 Man Scramble Format)

When: Saturday, Jun 6th, 2009
1st tee time is 8:30 am

Where: Boulder City GC, 1 Clubhouse Dr.,
Boulder City - Ph 293-9236

Cost: \$60.00 per player
\$65.00 for non-members

Includes your green fees, cart rental
and the prize fund

- Beverages, food, and range balls are not included.
- Pairings and competition rules will be furnished later.

Be sure and sign up as soon as you can,
this tournament only has space for
24 players.

Sign-up schedule:

- Call and reserve your spot as soon as you can.
- \$60.00 or \$65.00 at Sign-up
- Cut-off date is May 14st , that is when final random pairings will be completed.

Send check made out to LVSSC to:

Jim Boyd
701 Capri Drive # 8 C
Boulder City, NV 89005

Contact Jim Boyd
by phone (293-4503) or (203-6445) or
by email (ejamesboyd@cox.net)
if you are interested in playing.

Join Us For “Cosmic Bowling”

All you groovy chicks and dudes come join us for a fun time at the Santa Fe Station for Cosmic Bowling. We have reserved lanes
Sat. April 18th starting at 5:00pm for our club.

Where: Santa Fe Station bowling center
4949 n. rancho dr.

When: Sat. April 18th @ 5:00-?

Cost: \$4.25 a game and \$3.25 for rental shoes

Contact: Cyndy Bills
361-1769 for reservations

Why? Because it will be a far-out
and groovy event.

**Love beads and disco
attire optional.**



PERSONAL SPORTS EQUIPMENT EXCHANGE

In your closet, you just may have some sports stuff just hanging around.

It's taking up space and maybe you have fond memories, but now its been more years than...well the memories may have started to fade. You can chuck it, donate it to charity, keep it or move it out at the LVSSC TGIF EXCHANGE. Coming in April you will have an opportunity to help yourself and another member by selling, trading, giving your unused but in good condition- limited to-sports equipment and accessories. Yes, you have to be a member and it has to be your "stuff". Further details will be coming on the what, when and how. Your BOD is also looking into a May, 2009 TGIF Swap Meet.



Turtlehead Peak

March, 2009

This annual expedition to the top of the most recognizable peak in Red Rock Canyon is always greeted by new and seasoned hikers of the LVSSC with much anticipation and enthusiasm. Turtlehead does not discriminate. For the veteran trekkers, there are plenty of challenges and obstacles to traverse off the beaten path to enhance the experience. For the novice hiker, the challenge is of spirit over body as you ascend to the 6300 ft peak. In either case, for seven hardy Las Vegas Ski Club hikers, the reward is the same—an astonishing, 360 degree panoramic view of Las Vegas and the surrounding sister peaks of Turtlehead. With a cloudless sky and barely a breeze on top, we leisurely enjoyed our just rewards and a light lunch. After being advised that a very large group was about to trounce upon us, we took our leave. But how to avoid the onslaught of humanity? Aha! Let's go down the back way! Lots of sandstone and sandy washes later, (we really need to buy Michael O a watch, because he clearly has forgotten how long 20 minutes really is) we finally arrived at the Sandstone Quarry parking area. Our next challenge was navigating our way through the outrageous amount of traffic on the loop to our second favorite destination...BJ's for a cold one and story telling.

April's hike will be on SUNDAY, April 19th to the Arizona Hot Springs.

May's hike will be on Saturday, May 2nd to Windy Peak (on the road to Pahrump) Michael's annual hike to the top of Mt. Charleston is June 20 and the bike trip on June 21st.

Until we meet again, happy trails everyone.

Valerie Ward

LVSSC Hike Coordinator



Adopt-A-Highway Lee Canyon

Saturday, April 18th.

Meet at McDonald's,
Rancho and Cheyenne
at 9:00am.

Please bring gloves
and wear sturdy shoes.

For info call Kathy Bell 876-9638 or
e-mail: kbellinlv@cs.com

Adopt-A-Highway

Sunday Golf Outings

Dotty White and Cheryl Wiehl are arranging local golf outings -generally Sunday mornings - for the rest of the summer. If you would like to play friendly, non-competitive, golf with other LVSSC duffers at various locations throughout the Las Vegas Valley, this is the group for you. If you want to be on their email/call list, contact Dotty via email at: dorthywhite@cox.net or by phone at 650-3405; or Cheryl via email at: cawiehl@cox.net or by phone at 604-4286.

Thank You!

A Big LVSSC Thank You to our last month's TGIF hosts, **Kavanaugh's & Captain's Cove** for letting us use their fabulous facilities and for treating us so well while we were there.

LAS VEGAS SKI & SPORTS CLUB

Special Events Calendar

DATE	EVENT	INFORMATION
April 8th Wednesday	Board Game Night	6:30 p.m. to 9 p.m. at Ron & Khristina's 9668 Odda Way (Peccole Ranch off of Sahara & Grand Canyon) Phone: 580-0056 or 513-1097
April 10th Friday	TGIF	6 p.m. BJ's Cocktail Lounge West Phone: 257-7378 6670 S. Teneya Way, #100 (Near Sunset just off the 215 & Rainbow)
April 15th Wednesday	Board of Director's Meeting	John Mason's at 6pm 1130 Buehler Dr. Phone: 683-8089
April 18th Saturday	Adopt-a-Highway	See Flyer in this newsletter Contact Kathy Bell at 876-9638 or e-mail: kbellinlv@cs.com
April 18th Saturday	Cosmic Bowl	See Flyer - Contact Cyndy Bills 361-1769
April 19th Sunday	Arizona Hot Springs	See Flyer - Contact Valerie Ward Ph. 326-5167 or ward828@yahoo.com
April 24th Friday	TGIF General Membership Meeting	6 p.m. Captain's Cove Phone: 982-1480 2902 Lake East Drive Lake Sahara (just West of Durango) and West Sahara GENERAL MEMBERSHIP MEETING & TGIF
May 2nd Saturday	Hike	Windy Peak Hike - See Flyer Contact Valerie Ward Phone: 326-5167 or ward828@yahoo.com
May 8th Friday	TGIF	TBD
May 13th Wednesday	Board Game Night	6:30 p.m. to 9 p.m. at Ron & Khristina's 9668 Odda Way (Peccole Ranch off of Sahara & Grand Canyon) Phone: 580-0056 or 513-1097
May 20th Wednesday	Board of Director's Meeting	TBD
May 29th Friday	TGIF General Membership Meeting	6 p.m. Italian American Club of Nevada Phone: 457-3866 2333 East Sahara Ave (near Eastern and Sahara) Date changed to avoid Memorial Day weekend
June 6th	Spring Golf Tournament Boulder City GC	See Flyer Contact Jim Boyd at ejamesboyd@cox.net or Ph 293-4503
June 20th Saturday	Michael O's 37th Annual Mt. Charleston Hike	Details in May Newsletter
June 21st Sunday	Michael O's Road Bike Ride	Details in May Newsletter
July 18th Saturday	Moonlight Paddle at Lake Mead	More Info in May Newsletter Contact Cyndy Bills - Ph: 361-1769

LAS VEGAS SKI & SPORTS CLUB 2008-09 Distant Trip Schedule

For additional info, check the flyers posted on the Club's website.

DATE	DESTINATION	COSTS	CONTACTS
May 15 - 17, 2009	St. George Utah Golf Weekend	TBD	<i>Dotty White Ph: 630-3405</i>
October 18 - 25, 2009	Caribbean Connoisseurs' Cruise \$50 to hold space; \$300 Due April 1, Balance Due July 1, 2009. Costs: \$314 to \$525 Stateroom plus \$263 Port Fees pp		<i>Cyndy Bills 361-1799 cdbills2004@aol.com</i>
August 10 - 17, 2010	Alaskan Cruise <i>More Info in May Newsletter</i>		<i>Cyndy Bills Ph: 361-1769 Linda Fry Ph: 566-3727</i>

Board Game Night is Back!

Where: Ron Williams & Kristina Sorensen's home
Location: 9668 Odda Way, Las Vegas, NV 89117
Peccole Ranch, off of Sahara and Grand Canyon
Telephone: 702-580-0056 or 702-513-1097

When: Wednesday Night, April 8th @ 6:30pm - 9:00pm

Join fellow club members for an evening of camaraderie, fun and games (board games). You know, the ones we all have in the closet but rarely play. This is a very low key comfortable event night. It's a great way to get to know your fellow club members. Please feel free to bring a snack, dish and or your favorite beverage. We will have games on hand but bring your favorite game if you wish and we'll all pick the Game/Games of the night. RSVP's are always welcome.

See ya there!

Insurance Waiver Changes

Changes are a sign of the times. Our liability, waiver of claims and indemnity agreement has been updated. The impact for our members will require that before we participate in a LVSSC sponsored activity, we will be required to sign the new waiver. This will require Trip Leaders to have the waiver signed by participants before the bus leaves, airplane flies - you get the idea. While this currently places an extra burden on our Trip Leaders, next year we will have the updated form when renewing our memberships. So be appreciative & help our Trip Leaders and those who sponsor activities by signing the new waiver so the skiing & such can begin.

Welcome New Members

A great big LVSSC WELCOME to the following as new member: **Silvia Williams.**

Caribbean Connoisseurs Cruise

Oct. 18-25, 2009
Aboard the Carnival "Victory"
(With other ski clubs)

*A truly unique itinerary featuring
7 Southern Caribbean Ports of Call!!!*

Sailing from San Juan, Puerto Rico to:
 ■ **St. Thomas** ■ **Dominica** ■ **Barbados**
 ■ **St. Kitts** ■ **St. Lucia** ■ **Antigua**

— Don't Miss the Boat —

*Contact: Cyndy Bills 361-1769
cdbills2004@aol.com*

827 Roaring Falls, Henderson, NV 89052

Inside Stateroom \$314.00 - Ocean View Stateroom-\$414.00

Balcony Stateroom-\$524.00 (all rooms based on dbl. occ.)

PORT FEES ARE \$263.00 pp

\$50 to hold space • \$300 due April 1, 2009 FINAL DUE JULY 1, 2009

Full refund to July 15, 2009 - July 16 - Sept. 1, 2009 \$250.00 penalty

Sept. 2 - Oct. 5, 2009 50% penalty + Fees

After October 6, 2009 NO REFUND



Las Vegas Ski and Sports Club
P.O. Box 42894
Las Vegas, NV 89116
Hotline: 458-0469
www.lasvegasskiclub.com



APRIL						
sun	mon	tues	wed	thurs	fri	sat
			1	2	3	4
Golf						
5	6	7	8	9	10	11
Golf			Board Game Night		TGIF BJ's Cocktail Lounge West	
12	13	14	15	16	17	18
Golf			BOD Meeting TBD			Adopt-a-Highway Cosmic Bowling
19	20	21	22	23	24	25
Arizona Hot Springs Golf					TGIF & General Membership Meeting Captain's Cove	
26	27	28	29	30		
Golf						

MAY						
sun	mon	tues	wed	thurs	fri	sat
					1	2
						Hike Windy Peak
3	4	5	6	7	8	9
Golf					TGIF TBD	
10	11	12	13	14	15	16
Golf			Board Game Night		St. George Golf	St. George Golf
17	18	19	20	21	22	23
St. George Golf Golf			BOD Meeting TBD			
24	25	26	27	28	29	30
Golf					TGIF & General Membership Meeting Italian Amer Club	
31						

Las Vegas Ski & Sports Club MEMBERSHIP APPLICATION

September 1, 2008 thru August 31, 2009

**RETURN SIGNED APPLICATION & LIABILITY RELEASE WITH REMITTANCE OF
\$45.00**

PAYABLE TO:

**LAS VEGAS SKI & SPORTS CLUB
P.O. BOX 42894, LAS VEGAS, NV 89116**

Year Round Activities: Local & Worldwide Ski & Snowboard Trips, Tennis, Golf, Hiking, River Trips, Tours, Camping, Socials, & More.



**LAS VEGAS SKI
and SPORTS CLUB**



**MEMBERSHIP
APPLICATION
and RELEASE OF LIABILITY**



Patsy McKenna, Membership Chairperson: 294-4385

Please print legibly:

Name _____

Address _____

City _____ State _____ Zip _____

Phone (Hm) _____ (Wk) _____ Where did you hear about the club? _____

Cell _____ E-Mail _____ Birthday _____ (month/day)

I am interested in these events or activities:

- | | | | | |
|---|---|--|---|--|
| <input type="checkbox"/> Ski Trips | <input type="checkbox"/> Golf | <input type="checkbox"/> Camping | <input type="checkbox"/> Hiking | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Festivals | <input type="checkbox"/> Christmas Party | <input type="checkbox"/> River Rafting | <input type="checkbox"/> Ocean Cruises | <input type="checkbox"/> Houseboat Trips |
| <input type="checkbox"/> Hockey Games | <input type="checkbox"/> TGIF Socials | <input type="checkbox"/> Sight Seeing Trips | <input type="checkbox"/> Wine Tasting Trips | <input type="checkbox"/> Bike |
| <input type="checkbox"/> Newsletter Editing | <input type="checkbox"/> Helping with Trips | <input type="checkbox"/> Helping with Club Functions | | |

Check here if you DO NOT want your name and phone number(s) published in the LVSSC membership directory .

PHOTOGRAPHS OF MEMBERS: Photographs of members participating in club activities are routinely included in a newsletter which is distributed to the membership and other interested parties and is made available to the general public through the Club's internet website.

RELEASE OF LIABILITY: Please sign the reverse side of this form.

Signature (Required) _____

**Mail This Form To:
LAS VEGAS SKI AND SPORTS CLUB
P.O. Box 42894 ▪ Las Vegas, NV 89116**

Date _____

2008-2009 Annual Membership Dues:
\$45 Per Person September 1, 2008 - August 31, 2009 non-refundable

Must Be At Least 21 Years of Age To Join

Office Use Only

Amt. Rec'd. _____ Mail _____ Membership _____ Posted _____

PLEASE READ AND SIGN BOTH SIDES OF THIS FORM.

WAIVER AND RELEASE OF LIABILITY & ASSUMPTION OF RISK AGREEMENT

READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the

Las Vegas Ski and Sports Club

programs, related events and activities, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the many of the activities is significant, including the potential for permanent paralysis and death, and while particular skills, rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS, **The Las Vegas Ski & Sports Club**, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.

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

X _____
(Participant's Signature)

Age: _____

DATE SIGNED: _____

Michael Ehrenfeld Company – California License # 0537922

Signature is required on both sides of the Membership Application Form