

In consideration for participating in the **Summer 2009 Live Raw Food Boot Camp** taking place at Endaba Valley Retreat in Pagosa Springs, Colorado, I represent that:

1. I understand that this program has a boot camp mentality and I will be expected to participate in exercise/athletic types of activities. I acknowledge that I am completely responsible for my own health risk and by attending this event, assume all risk up to and including death that might come from participating.
2. I understand that this program's diet is based on a high fruit diet with other raw foods and vegetables. I acknowledge that I am completely responsible for my own health, and that if I have blood sugar issues I will monitor my sugar levels and bring up any food related needs to Carlene's attention immediately. I agree to bring all diabetic equipment supplements, medicines needed by me while at this Boot Camp.
3. I understand that Endaba Valley Retreat is at high elevation and I acknowledge that I am responsible for monitoring my health while working out at this elevation.
4. I understand that the Endaba Valley Retreat is a large track of wilderness and agricultural land that borders the San Jaun National Forest. I acknowledge that there are risks and dangers associated with being on wilderness and agricultural land, some of which can be foreseen and some of which cannot be foreseen. I understand that the Endaba Valley Retreat and its surrounding forests are inherently dangerous places.
5. I acknowledge that Carlene Jones is not a medical, fitness, or mental health professional and that all advice given is just that, advice, not fact. I acknowledge that it is up to me to discern what is right for me and to take appropriate action. I release Carlene Jones, Raw Food Boot Camp, its employees and affiliates from any actions that might arise from following advice given at this Boot Camp.
6. I acknowledge that if I have any pre-occurring medical needs that I am fully responsible for being in contact with my physician and bringing any and all medical equipment and drugs needed.
7. I understand that there will be many man made hazards and many natural hazards on the while attending the 2009 Summer Live Raw Food Boot Camp.
  - a. Natural hazards include wild and domestic animals. These animals include, but are not limited to elk, mountain lion, moose, bear, cattle, and horses. I understand that these animals may be a danger to humans. There are poisonous plants in the area, there are often thunderstorms and lightning strikes in the area, there is a lake that can be hazardous in all seasons of the year, there are animals and rodents that can carry human disease, and there are water ponds, waterfalls and other water hazards. I understand that this Release, Waiver, and Assumption of the Risk cannot include all of the possible natural hazards that I may experience on the 2009 Summer Live Raw Food Boot Camp, but it does demonstrate to me that many natural hazards exist at this event because of its wilderness and nature. Because of the nature of the wilderness land that we will be hiking and walking in, I understand that Carlene Jones, Raw Food Boot Camp, its employees or associates cannot know of all the natural hazards that exist.
  - b. Man mad hazards include wood stoves, propane heaters, hot tubs and steam rooms, furnaces, high windows in the lodge, possible trip hazards from uneven floors and patio in the Endaba Valley lodge, as well as an old settler's cabin, irrigation pools, ranch sheds, barb wire, and barns on the Endaba Valley Retreat. I

understand that this Release, Waiver, and Assumption of the Risk cannot include all the possible man made hazards hat I may experience.

8. I assume full responsibility for my safety while I am at the Summer 2009 Live Raw Food Boot Camp. I assume full responsibility for any and all risk of bodily injury, death, or property damage. I agree not to enter out buildings on the Endaba Valley Retreat area, not to have contact with any wild or domestic animals, and to conduct my activities in a safe and responsible manner. If I swim in the lake, do any kayaking, biking, rafting or hiking, I do so at my own risk.
9. I agree to wear a life-preserver whenever on the lake, that I will never go into the lake without a buddy, or use the kayaks and row boat without someone else at the lake.
10. I agree to never hike alone, to always let someone who is remaining at camp know where I am going. I will never hike without taking a walky talky, whistle, and water with me, even if I am remaining insight of the Endabe Valley Lodge.
11. I acknowledge that there are going to be many outside activities. I acknowledge that I am responsible for my own outer wear, sunscreen, and bug repellent while participating at the 2009 Summer Live Raw Food Boot Camp.
12. I intend the foregoing Assumptions of the Risk, Waivers, and Releases of the 2009 Summer Live Raw Food Boot Camp to be as broad and inclusive as permitted by law. I also acknowledge that I am not relying on any oral or written representation of the Live Boot Camp regarding safety.
13. I agree not to hold Carlene Jones or Raw Food Boot Camp, it's employees or associates liable for any loss or injury, liability, expense, or damage, which results directly or indirectly from an act or omission. I mean this Release to be binding by myself, my heirs, successors, assigns, and legal representatives.
14. I agree to indemnify and hold harmless Carlene Jones and Raw Food Boot Camp, its employees and associates for any loss or injury, liability, expense or damage that I might incur while I am at the 2009 Summer Live Raw Food Boot Camp.
15. I further agree that any controversy or claim arising out of my participation of the 2009 Summer Live Raw Food Boot Camp which cannot be resolved amicably will be brought within the applicable statues of limitation of the State of Arizona. I consent to the jurisdiction of the state or federal courts of Arizona, as well as application of the laws of Arizona to my claim or controversy.

I have carefully reviewed this document and understand all of the terms of this Release of Liability and Assumption of the Risk. I agree to it of my own free will and without any reservation.

Name: \_\_\_\_\_

Witness Name: \_\_\_\_\_

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

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

Date \_\_\_\_\_

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

I hereby grant permission to Carlene Jones and Raw Food Boot Camp to use any photos taken of me while attending the 2009 Summer Liver Raw Food Boot Camp in Pagosa Springs, Colorado for any promotional material pertaining to Raw Food Boot Camp and its website, publications put out Rawk Press (a subsidiary of Raw Food Boot Camp), and promotional material for Rawk Village. Carlene agrees not to use any defamatory or indecent photos and will show me any non-group photos of me that she would like to use prior to posting them. I reserve the right to request some non-group, close-up photos of me not be made public.

Name: \_\_\_\_\_

Witness Name: \_\_\_\_\_

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

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

Date \_\_\_\_\_

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

Please Fax all four pages:

- ◆ Endaba Valley Retreat Waiver
- ◆ 2 pages of RFBC Waiver
- ◆ 1 page of Photo Release

To fax number: **866-542-0938**

*Do not forget to dial the 1.*

To attend all 4 pages must be returned with appropriate signatures.