

## Trails Forever Hikes Waiver

I hereby release Friends of Great Smoky Mountains National Park from any and all liability arising from any incident, act of omission or commission which arises while I am participating in a hike outing organized by them. I recognize that exercise is not without some risk of minor and/or serious injury. I understand these risks and also the benefits of exercise. I agree to be solely responsible for any and all costs, damages, and expenses incurred by me as a result of any injury sustained by me from participating in this hike, including carpools, and agree not to hold Friends of Great Smoky Mountains National Park and its staff responsible in any way for any such injury. Any photos that include me can be used in promotional materials for Friends of the Smokies.

By registering for any Trails Forever Hikes online, I agree to the terms of this waiver.