



OPTIMAL RESULTS
PHYSICAL HEALTH CENTER

LIVE BETTER, STAY BETTER, HAVE FUN



“Revolution of the Game”

PORTLAND 3BA RECREATIONAL LEAGUE PLAYER RELEASE

In consideration for my participation in the 3BA Recreational League administered by Glasser-Wulff Inc. DBA-Optimal Results, 10th Avenue Athletic Club, and YWCA of Greater Portland, as well as for other good and valuable consideration, receipt of which is hereby acknowledged, I, by my signature

below, hereby acknowledge and agree to all of the terms set forth in this Release. Accordingly, I hereby:

1. Acknowledge that there are risks associated with the strenuous athletic and physical activity that I will be involved in during the 3BA Recreational League administered by Glasser-Wulff Inc. DBA-Optimal Results, 10th Avenue Athletic Club, and YWCA of Greater Portland.
2. Acknowledge by this writing, that 3BA International LLC (“3BA”), Glasser-Wulff Inc. DBA-Optimal Results, 10th Avenue Athletic Club, and YWCA of Greater Portland, has recommended that I obtain medical clearance from a physician prior to my participation in the 3BA Recreational League. I understand the risks attendant to my failure to obtain medical clearance. By my signature below, I hereby represent that I either have received such medical clearance or, contrary to the recommendation of 3BA International LLC, Glasser-Wulff Inc. DBA-Optimal Results, 10th Avenue Athletic Club, and YWCA of Greater Portland, have decided not to obtain such medical clearance. I also understand the risks inherent in participating in the 3BA Recreational League.
3. Release, waive and forever discharge any and all claims of damages or causes of action, including but not limited to, death, personal injury or loss or damage to property, which I, or any of my representatives, heirs, next of kin or assignees (“Representatives”) may have or which may hereinafter accrue to me or my Representatives in connection with (a) my voluntary participation in the 3BA Recreational League, (b) the release and dissemination of Health Information, or (c) otherwise, and which may be asserted by me or my Representatives against 3BA International LLC, Glasser-Wulff Inc. DBA-Optimal Results, 10th Avenue Athletic Club, and YWCA of Greater Portland, its parent, subsidiary or affiliated companies or entities, whether caused by the acts, omissions or negligence of any Releasee or by any other person or entity;
4. Give and grant perpetually to 3BA International LLC, Glasser-Wulff Inc. DBA-Optimal Results, 10th Avenue Athletic Club, and YWCA of Greater Portland and its designees the exclusive non-revocable right in and to my routines, performances, concepts, and other materials created in connection with the 3BA Recreational League and the proceeds of such performances and materials, including, without limitation, the perpetual and unlimited right to reproduce by any means (whether now known or hereafter developed) my voice, image, likeness, name, nickname, signature, biographical data, and any other identifying attributes (“Attributes”) and any and all of my performances, appearances, related materials, and all such effects made, produced or created in connection with the 3BA Recreational League (together with Attributes, being referred to collectively as the “Materials”), and the complete and unencumbered right throughout the world, to exhibit, record, reproduce, broadcast, transmit, publish, sell, distribute, perform, use and re-use for any purpose, in any manner, by any means and in any medium, whether now known or hereafter developed, all or any part or parts of the Materials, without any further consideration to me or my Representatives and without further authorization; and
5. Acknowledge and accept sole responsibility for all of the hazards and risks associated with or related to my participation in the 3BA Recreational League administered by Glasser-Wulff Inc. DBA-Optimal Results, 10th Avenue Athletic Club, and YWCA of Greater Portland and for any damage or injury that I may cause to others; I expressly assume all risk of injury (including permanent disability and death) arising out of my participation in the 3BA Recreational League, howsoever caused or arising and whether by negligence or otherwise, and accept personal responsibility for the damages following such injury, permanent disability or death.

By signing this form, I acknowledge that I have received, read and understand the provisions set forth

above, and voluntarily consent to and accept the terms therein.

AGREED TO AND ACCEPTED:

Signature _____

Date: _____

Name (Print): _____