



The goal of the The Crew is to provide a community, organization and facility to allow outdoor enthusiasts to train, travel and share new experiences together, learning from and leading each other.

Benifits

Training facility for indoor/outdoor cycling, running and strength training

Free indoor cycling classes/video series (\$10 each value)

Summer open water masters program with buoys, paddle boards and a large group (\$15 each value)

Swim/bike/run video sessions (\$60 per session value)

Free clinics; transition, bike maintenance, cycling with power and running (\$25 each value)

Free generic training plans for popular events like Ironman, 70.3, marathon etc.

10% discount at Mr. Crampy's plus at least 3 club shopping days at 20%+ on all items including bikes and trainers (\$1 - \$2000+ value)

Special discounts on some group purchases for non-standard inventory items such as snow shoes (up to 30% off)

Free technical support and cheering at club events such as Hawaii 70.3, Lake Stevens 70.3, IMC and Kona (priceless!!!)

The Mr. Crampy's Multisport facility will have several very cool elements for the club's use...

locker room with shower

towel and bottle service

spinning floor with trainers, projector and sound system

free wi-fi

lounge with couches and magazines for socializing and hanging out

work stations with monitors for business needs

kitchen with fridge, coffee maker and griddle

steel TRX cage & heavy bag, grid roller, trigger point and exercise balls

Access will be liberal and members will rotate key custodian duties for off hour access

Activities

Group training sessions for swim, bike, run (on and off road)

Snow sports; alpine & nordic skiing and snow shoeing

Scuba diving & snorkeling

Hiking and climbing

Orienteering

Biathlon

Sky diving?

The options are only limited by the interests and experiences of the club members!

Club Structure

The Crew is non-exclusive, we welcome member of other teams and organizations

There are no coaching programs offered by the club, instead you are free to work with any coach you choose

As a member it is expected that you take your turn in leading or organizing activities and share your experience with the other members

Finally and most important, check the drama at the door..
IT'S ALL ABOUT FUN!!!

Cost

\$399 for a one year membership per person,

\$650 for family membership (spouse/partner/children).

For questions contact thecrew@mrcrampy.com

MEMBERSHIP FORM

MR CRAMPY'S



1. MEMBERSHIP DETAILS

First Name: _____ Last Name: _____

Today's Date: _____

Membership Type: \$399 Individual Membership
 \$650 Family Membership

2. MEMBER DETAILS (Renewing members complete if details have changed)

Sex: Male Female Birth Date: ___/___/___

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____

Do you consent to receive information from Mr. Crampy's via email?

Email: _____

Yes No

Emergency Contact Name: _____

Emergency Contact Phone: _____

3. MEMBERS DECLARATION & PAYMENT DETAILS

Before signing this document, I have read, understand and hereby agree to the terms and conditions of membership and know that it affects my legal rights. I agree to pay the following _____:

Annual Membership Fee of \$ _____

Payments 1st \$ _____ date ___/___/___ 2nd \$ _____ date ___/___/___

Start Date (today's date): ___/___/___ Expiration Date : ___/___/___

Note: If payment is not received after 5 business days of date due, membership will be cancelled.

MANDATORY MEDICAL/ACCIDENT INSURANCE INFORMATION

Members must have and maintain Medical/Accident insurance for duration of membership year. Failure to provide accurate information demonstrating the existence of such insurance coverage for Member will prevent processing of this application and cause termination of membership and suspension of all rights to participate in Mr. Crampy's activities, unless Member timely returns a fully executed Medical Exception Agreement (which can be obtained by contacting Member Services at via email at thecrew@mrcrampy.com). The Medical Exception Agreement removes a Member from coverage under Mr. Crampy's secondary accident insurance program, and leaves the Member solely responsible for all medical expenses incurred in connection with any Mr. Crampy's event or activity.

Primary Medical Insurance Company Name: _____

Policy/ ID # _____ Phone # _____

ASSUMPTION OF RISK AND RELEASE OF LIABILITY – READ CAREFULLY BEFORE SIGNING

I understand that outdoor activities in their various forms, as well as preparation for, participation in, coaching, volunteering, officiating and related activities in competitions and clinics (hereinafter collectively referred to as "Activities"), involve many RISKS, DANGERS and HAZARDS. These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and man-made obstacles and structures, equipment failure, collisions with objects or structures, being struck by skiers/riders or equipment, and exceeding one's own abilities. I further understand that ski and snowboard training and competition may be more hazardous than recreational skiing and snowboarding. I understand that INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE of the Activities. I know that the risk of SEVERE INJURY and even DEATH exists in all training and competition locations and activities, including free skiing and riding. I also know that personal training, coaching, instruction, supervision and enforcement of rules by the Mr. Crampy's Multisport, its officers, directors, volunteers, employees, contractors, member coaches, member officials, together with affiliated entities involved in the conduct of the Activities (including, but not limited to, local triathlon teams, competition organizers, race officials, volunteers, fellow members, sponsors)(hereinafter the term "Mr. Crampy's" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety.

With full knowledge and understanding of the RISK OF SEVERE INJURY AND DEATH involved in ski and snowboard training and competition, I FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES, even if I follow the instructions or advice of Mr. Crampy's.

In consideration of Mr. Crampy's acceptance of my membership application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter "Member") agrees to comply with and be bound by the following terms at all times, whether training or practicing for competition, or in competition.

1. Member hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY MR. CRAMPY'S OF AND FROM ANY CLAIMS, present or future, including any loss, damage, expense, or injury (including DEATH), suffered by any person and arising from Member's participation in any Activities in which USSA is involved in any way, due to any cause whatsoever, INCLUDING NEGLIGENCE and/or breach of express or implied warranty on the part of USSA.
2. Member hereby RELIEVES MR. CRAMPY'S OF ANY DUTY TO PROTECT MEMBER FROM HARM in connection with any Activities in which Mr. Crampy's is involved in any way.
3. Member authorizes Mr. Crampy's to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of Mr. Crampy's, medical attention is required and Member is unable to make such decisions for himself/herself. Member agrees to pay all costs associated with such medical care and related transportation and shall DEFEND, INDEMNIFY AND HOLD HARMLESS MR. CRAMPY'S of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care. Member also authorizes disclosure of protected medical information necessary to provide, coordinate or manage member's healthcare consistent with the dictates of HIPAA and to the extent that such use or disclosure is required by law.
4. Member agrees never to utilize any facility for any training, practice or competition without first conducting his/her own thorough visual inspection of the facility.
5. This Agreement shall be construed in accordance with, and governed by the substantive laws of the State of Washington, without reference to principles governing choice or conflicts of laws. In addition, Member agrees that all lawsuits for personal injury or related loss against Mr. Crampy's must be maintained in state courts sitting in King County, Washington or federal district courts sitting in the State of Washington, and Member consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable.

HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, MEMBER SIGNIFIES HIS ASSENT TO THE ABOVE TERMS BY SIGNING BELOW: MEMBER (If 18 or over)

Signature: _____	Date of Birth: _____
Printed name: _____	Date Signed: _____

SIGNATURE OF PARENT OR GUARDIAN REQUIRED FOR MEMBERS UNDER THE AGE OF 18

As the parent or guardian of the minor child Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns. By affixing my signature below I represent that I intend to give up my right, the right of the Member, and the right of any other parent or guardian to maintain any claim or suit against Mr. Crampy's arising out of the Member's participation in any Activities involving Mr. Crampy's in any way. I further agree to hold harmless, defend, and indemnify Mr. Crampy's of and from any claims from third parties arising from the minor child Members' participation in any activities affiliated with Mr. Crampy's.

Parent or guardian's signature _____

Printed name _____ Date Signed: _____

Applicant's Name (Please Print) _____ Date of Birth: _____

MR CRAMPY'S



MR CRAMPY'S CREW GEAR ORDER

name

email/phone

Front



Back



T-SHIRT \$21

UNISEX SIZES XS TO XXL

SIZE _____ QTY _____

SIZE _____ QTY _____

SIZE _____ QTY _____

Front



Back



HOODED SWEATSHIRT \$40

UNISEX SIZES XS TO XXL

SIZE _____ QTY _____

SIZE _____ QTY _____

SIZE _____ QTY _____



STICKER \$3

4" TALL

QTY _____



PURIST BIKE

BOTTLE \$6

24 oz

QTY _____

SubTotal \$

Total \$

Paid

Invoice