

**MCCORMACK FITNESS CENTER, INC.**  
Limited Access Agreement for Non-Member Bicycling Commuters

Under this Limited Access Agreement, non-members of the McCormack Fitness Center, Inc. (“Fitness Center” or “MFC”) who commute by bicycle to and from work in the McCormack Federal Building at 5 Post Office Square are allowed access to MFC showers after commuting into work. As a bicycling commuter, you are being given limited access to the Fitness Center with the express understanding that you may use the showers *only* but are otherwise not permitted to use the MFC or any of its other facilities or equipment, unless you become a member of the MFC and pay applicable membership fees (currently, \$200 per year). Due to limited MFC locker space, locker use is permitted only when using Fitness Center showers; no daylong or overnight locker use is allowed.

There is no charge for your expressly limited access to the Fitness Center. However, this access can be withdrawn *at any time* if you use the Fitness Center for any other purpose than that explicitly authorized herein (i.e., showering after you bike to work) or if you are otherwise in violation of MFC rules. Rules are posted in the application form for membership that can be found at <https://www.mfcinc.org/>.

You should be aware that the date and time of your entry into the Fitness Center can be tracked. If you have any questions, please contact a member of the MFC Board of Directors, listed at the end of this agreement. The MFC Board appreciates your cooperation and support.

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*As a non-member bicycling commuter, by entering into this Limited Access Agreement, I hereby acknowledge and agree to the above. In addition, I consent to the following specific rules for maintaining limited access to the Fitness Center:*

1. I will use my limited access to the Fitness Center for the sole purpose of showering after commuting into work by bicycle and I will not use any other portion of the Fitness Center, its facilities or equipment, at any time, without first becoming a MFC member.
2. I will not loan my Smart Card to any person for purposes of gaining access to the Fitness Center, nor will I otherwise allow or escort any person into the Fitness Center for the purpose of using the MFC or any of its facilities or equipment.
3. I will use my own Smart Card each and every time I enter the Fitness Center and I will neither request nor depend on others to let me into the MFC.
4. By reading and signing this Limited Access Agreement, I hereby agree to release and hold the McCormack Fitness Center, Inc. harmless from, and I shall assume all responsibility for, all claims, demands, injuries, damages, actions or causes of action to persons or property, arising out of, or in connection with, my use of the Fitness Center. This release is for the benefit of the Fitness Center, its directors, officers,

Limited Access Agreement for Non-Member Bicycling Commuters (cont.)  
*McCormack Fitness Center, Inc.*

management, employees, agents, sponsors, independent contractors, volunteers, other MFC users, and all persons on MFC premises and it includes the release of such persons from responsibility for injury, damage or death to myself because of any act or omission related to the ordinary negligence of such persons. This release does not apply to acts or omissions of gross negligence, willful or wanton acts/omissions, or those of an intentional or criminal nature.

5. This Limited Access Agreement terminates at the end of the Calendar Year that this agreement was signed. A new agreement shall be re-signed each Calendar Year.

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

Print Name Here: \_\_\_\_\_

Agency: \_\_\_\_\_

Work Email: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Emergency Contact Name (Relationship to you): \_\_\_\_\_

Emergency Contact Phone (with area code): \_\_\_\_\_

Approved by: _____	Date: _____
Name of Approving MFC Board Member: _____	
Expiration Date: _____	

MFC Board of Directors:

Mike Ottariano, President  
Regina Lyons, VP  
Jeff Valentine, Treasurer  
Diane Boudrot, Secretary  
Phil Warren, Associate Member  
Ariel Garcia

*Form dated: November 24, 2020*