

Release/Medical Consent

In signing this release, I attest and verify that the athlete has full knowledge of the risks involved with the sport associated with the group and/or run sessions he/she is attending. I am physically fit and the sufficiently trained to participate in the run sessions. To the best of my knowledge, I do not have any disease or injuries that would medically prohibit me from participating in the run sessions. I do hereby release and forever discharge Coach Brenda Averette/Peak Running & Fitness and other coaches and employees, from any responsibility or liability for recurrence of any preexisting, any undisclosed injury or illness or any personal injury or property damage to me during the group and/or run sessions and because of group participation. I also give permission for any emergency procedures that are deemed necessary for me during the run sessions.

Assumption of Risks: Participation in running and conditioning programs carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know that running is a potentially hazardous activity and certify that I am in good health and physically fit to enter into a training program. I acknowledge that I am aware of the many risks involved in athletic training in general and running training specifically, which risks include by way of example and not limitation: 1)minor injuries such as scrapes, bruises, sprains and strains, 2)more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries such as heat stroke and heat exhaustion, dehydration and over hydration conditions such as hyponatremia, and catastrophic injuries and conditions such as heart attacks and other conditions or injuries which could be fatal. I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in training for and participating in road, trail and track running and racing and any conditioning and cross training activities associated with that training. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

BY INDICATING YOUR ACCEPTANCE OF THIS AGREEMENT AND WAIVER, YOU ARE AFFIRMING THAT YOU HAVE READ AND UNDERSTAND THIS AGREEMENT AND WAIVER AND FULLY UNDERSTAND ITS TERMS. YOU UNDERSTAND THAT YOU ARE GIVING UP SUBSTANTIAL RIGHTS, INCLUDING THE RIGHT TO SUE. YOU ACKNOWLEDGE THAT YOU ARE SIGNING THE AGREEMENT AND WAIVER FREELY AND VOLUNTARILY, AND INTEND BY YOUR ACCEPTANCE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.