

Athlete's Name: _____

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in the training program of Coach Justine Owen and/or Lon Freeman I, for myself, my heirs, personal representatives and assigns, do hereby release, waive, covenant not to sue and discharge Coach Justine Owen and/or Lon Freeman from liability from any all claims including negligence of Coach Justine Owen and/or Lon Freeman resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in athletic training program.

Signature (of Parent/Guardian if athlete under 18)

Date

Print name (of Parent/Guardian if athlete under 18)

Assumption of Risks: Participation in running, triathlon, and conditioning programs carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I understand that running, triathlon, and athletic training are potentially hazardous activities 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, which 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 3) catastrophic injuries and conditions such as heart attacks and other injuries or conditions with 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, cycling, swimming, and any other 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.

_____(Initial)

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD HARMLESS Coach Justine Owen and/or Lon Freeman from any and all claims, actions, suits, procedures, costs, expenses, damages, or liabilities, including attorney's fees brought as a results of my involvement in the training program of Coach Justine Owen and/or Lon Freeman.

_____(Initial)

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by law in the State of California and that if any portion thereof is held

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invalid, it is agreed that the balance, shall, notwithstanding, continue in full legal force and effect.

Acknowledgement of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement consisting of two pages, fully understand its terms, and I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature (of Parent/Guardian if athlete under 18)

Date

Print name (of Parent/Guardian if athlete under 18)