Athlete's Full Name_____ Age _____

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of the above named person being permitted to participate in ***REACH YOUR PEAK RUNNING, LLC***'s running camps, coaching services or athletic events, I, for myself, my heirs, personal representatives and assigns, do hereby release, waive, covenant not to sue and discharge ***REACH YOUR PEAK RUNNING, LLC*** of 2 Cranston Circle, Merrimack, NH from liability from any and all claims including the negligence of ***REACH YOUR PEAK RUNNING, LLC*** resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in services provided by ***REACH YOUR PEAK RUNNING, LLC***.

_____ _____

Athlete Signature or Parent/Guardian Signature if under 18 Date

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 agree and understand that I am solely responsible for my (or my child's) health and medical condition, and that it is my sole responsibility to determine my (or my child's) physical and medical fitness to participate in camps and other training activities. I acknowledge that ***REACH YOUR PEAK RUNNING LLC*** is not a medical doctor and that advice and recommendations of ***REACH YOUR PEAK RUNNING LLC*** are based upon the coach's training and experience as a runner. I know that running is a potentially hazardous activity and certify that I am (or my child is) in good health and physically fit to participate in running camps, coaching services, or athletic events. 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 (or my child's participation if signing up for summer camp) is voluntary and that I knowingly assume all such risks. I understand and agree that ***REACH YOUR PEAK RUNNING LLC*** shall assume no responsibility or liability for me for accident, illness, or loss of, or damage to, personal property resulting from participation in running camps, coaching services, or athletic events. I confirm that I am of adult age, and I execute this document with full knowledge of the contents and consequences stated in this Agreement. _____ (Initial)

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD HARMLESS, ***REACH YOUR PEAK RUNNING, LLC*** from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney's fees brought as a result of my involvement in ***REACH YOUR PEAK RUNNING, LLC***'s running camps, coaching services, or athletic events. _____ (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 the law of the State of New Hampshire and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. _____ (Initial)

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement and fully understand its terms. I understand that I am giving up substantial rights, including my right to sue ***REACH YOUR PEAK RUNNING, LLC***. 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.

_____ _____

Athlete Signature or Parent/Guardian Signature if under 18 Date

_____ _____

Print Parent/Guardian Signature if under 18 Date