

Train Smart Coaching **Clinic & Camp Registration Form**

WAIVER: This form is an important legal document. It explains the risks you are assuming by participating in an exercise program. It is critical that you read and understand it completely. After you have done so, please print and sign your name legibly in spaces provided at the end of this form.

RELEASE OF LIABILITY

By participating in physical training and racing activities, I acknowledge and accept and assume the risk inherent therein. I certify that I am physically fit and have not been advised against participation by a qualified professional. I WAIVE, RELEASE, AND DISCHARGE from any and all claims, losses or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bill, theft, or damage of any kind, including economic losses, which may in the future arise out of or relate to my participation in the training programs discussed above or racing activities directed by **Train Smart Coaching, Sherry Shelton and all of her contractors and/or associates.** THIS RELEASE INCLUDES CLAIMS, LOSSES OR LIABILITIES CAUSED OR CLAIMS TO BE THE RESULT OF THE NEGLIGENT ACTS OR OMISSIONS OF THE PERSONS I AM RELEASING OR ARE CAUSED BY THE NEGLIGENT ACTS OF OMISSIONS OF THE PERSONS I AM RELEASING OR ARE CAUSED BY THE NEGLIGENT ACTS OF OMISSIONS OF ANY OTHER PERSON OR ENTITY.

I assume the risk of running, biking, swimming, and resistance training, or the participation in any racing or training event. I also assume any and all other risks associated with the training program or racing activities, including but not limited to falls, or effect of any other participants, effects of weather, including heat and/or humidity, defective equipment, the condition of the roadways, water hazards, contact with other participants, and any hazard that may be posed by vehicular traffic or pedestrians, all such risk being known and appreciated by me. I further acknowledge that these risks that may be the result of the negligence of the persons released herein. I agree to indemnify and hold harmless the persons released herein from any and all claims made or liabilities assessed against them as a result of my actions or inaction's, the actions of the negligence of others, including those parties hereby indemnified or any other harm caused by an occurrence related to **Train Smart Coaching or Sherry Shelton's** training programs and activities. It is further understood that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I affirm that I am eighteen (18) years or older, I have read, understand and agree to the terms of the above waiver.

Print Name _____

Signature _____ Date _____