

Waiver and Release

In consideration of being permitted to participate in Catapult Running, LLC training, events or activities, I, the undersigned, acknowledge and agree that: I am of 18 years or older, or the undersigned parent or guardian of an athlete under 18 years of age, consent to this training, event or activity.

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Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury, illness, or death. We are also not responsible for any loss of your personal property.

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I agree and understand that I am solely responsible for my health and medical conditions, and that it is my sole responsibility to determine my personal physical and medical fitness to undertake a strenuous training program.

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I acknowledge that Coach Brenda Christian, any employee or volunteer, or anyone associated with Catapult Running, LLC, are not medical doctors or medical experts.

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I acknowledge that participation in a training program can be high risk to my health and that I have an increased potential of injury by participating in this program. I understand that running is a potentially hazardous activity and by signing this Waiver and Release, I hereby certify that I am in good health and physically fit to enter into a training program, event, or activity.

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I acknowledge that I am aware of the many risks involved in athletic training in general and running training specifically. I acknowledge that these risks include, but are not limited to the following: (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 stroke, heat exhaustion, as well as dehydration and overhydration conditions, such as, hyponatremia; and (3) catastrophic injuries and conditions, such as, heart attacks and other conditions or injuries which could be fatal.

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I accept ALL inherent risks of participating in any running and conditioning training program, event or activity.

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I understand and agree that Coach Brenda Christian and Catapult 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 the training program.

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I also agree to INDEMNIFY AND HOLD HARMLESS Coach Brenda Christian, all employees, volunteers of Catapult Running, LLC and Catapult Running, LLC from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorneys fees brought as a result of my involvement in Catapult Running's training program, events or activities.

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I hereby release, consent to, grant permission for the use of any photographs, videos, or recordings for any legitimate promotion or publicity purposes without remuneration to me.

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I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND 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: _____ Date: _____