

AT YOUR PACE Coaching Waiver/Release

I (name) _____ voluntarily agree to protect, defend, release, indemnify and hold harmless **Greg Soutiea**, or anyone else associated with AT YOUR PACE COACHING, its directors, ambassadors, sponsors, coaches, members, consultants and agents (The Released Parties) from any claim, demand, injury, illness, or property damage, whether or not foreseeable, suffered by me in whole or in part while participating in any of the Released Parties events, workouts, practices, lessons, races, or meetings. To the greatest extent allowed by law, I agree to protect, defend, release, indemnify and hold harmless the Released Parties from any such claim that may exist now or in the future in favor of me, my heirs, assigns, or survivors regardless of whether this claim arises in whole or in part from any act of the Released Parties or any of them.

1. I recognize and acknowledge that sports of all nature carry significant risks of serious personal injury, death and property damage. I also know and understand that while participating in any events, workouts or meetings with the Released Parties, that I may be exposed to natural mechanical and environmental conditions and risks which along or in combination with the activities of others may cause property damage, bodily injury or death to me or others.
2. I acknowledge and represent to the Released Parties that I am physically and mentally capable of participating in the Released Parties events. I represent that I have had regular medical examinations by a physician and that I have no physical condition, injury impairment that would be hazardous to me or to others while participating with the Released Parties, and that I have determined that any equipment to be used by me as a participant in the Released parties is satisfactory for my use.
3. When necessary, I agree to use a properly functioning bicycle helmet that complies with either SNELL or ANSI standards while participating with the Released Parties, and that it is my sole responsibility to utilize and obtain proper equipment.
4. I have been instructed in the techniques and safety procedures regarding triathlon racing and the individual sports therein, and not rely on the Released Parties to provide such instructions or directions.
5. I agree not to sue the Released Parties for claims, costs or liabilities that I have waived, released or discharged herein.
6. I agree to allow the Released Parties to use my photos and/or comments in any media application.
7. I agree that I will do my best and hereby agree to give honest feedback to my coach and communicate on a regular basis, or as needed, to ensure that I am getting the most out of this partnership. I understand that without regular communication it will be more challenging for my coach to help me reach my goals.

I am the said above named participant and have read, or had time to read, this waiver. I represent that I have legal capacity to execute this document on behalf of myself and I agree to indemnify, hold harmless and defend the persons or entities mentioned above for any claims made or liability assessed against them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the participant.

Participant (print) _____

Date: _____

Signature: _____

Address: _____