

WAIVER AND RELEASE FROM LIABILITY

AND

VOLUNTARY ASSUMPTION OF RISK

In consideration of possible injury and/or death which could occur from participating in a running program and fitness training, I, the undersigned, hereby release and discharge Red Cedar Coaching, LLC, all associated entities, owner(s), employees, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of my participation in the activities derived from the services of Red Cedar Coaching, LLC. By seeking out the services of Red Cedar Coaching, LLC and engaging in the running program and fitness training provided by Red Cedar Coaching, LLC, I, the undersigned, expressly agree that Red Cedar Coaching, LLC shall not be liable for any damages arising from personal injuries sustained by me as a result of my participation in activities derived from the services of Red Cedar Coaching, LLC. By signing this agreement, I, the undersigned, accept full responsibility for any injuries or damages which may occur to me.

I, the undersigned, hereby attest that I am in good health, that my statements in the attached Questionnaires are accurate to the best of my knowledge, and that my physical condition, including all respiratory, circulatory, or cardiovascular function, has been verified by a licensed medical doctor to allow me to participate in aerobic exercising, specifically running and fitness training. I acknowledge that this training, coaching, and fitness program is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss, caused by, but not limited to, terrain, temperature, weather, my condition as an athlete, medications, pain, dizziness, equipment, vehicular traffic, actions of other people, and lack of hydration. I, the undersigned, fully understand the risks inherent in participating in a running program and fitness training and hereby accept for myself, my heirs, and my personal representative full responsibility for any and all injury, death, damages, or loss which may occur as a result of my participation in the activities derived from the services of Red Cedar Coaching, LLC, and hereby fully and forever release and discharge, indemnify and save, and hold harmless Red Cedar Coaching, LLC from any loss, liability, damage, and cost I may incur due to my participation in activities derived from the services of Red Cedar Coaching, LLC.

By signing below, I agree that I have read, understood, and voluntarily signed this Waiver and Release from Liability and Voluntary Assumption of Risk. I agree that no oral representations, statements, or inducements apart from the foregoing written agreement have been made.

Dated: _____

(signature)

(printed name)

(address)

(phone)