

Nicole McLaughlin, BPE MA Kinesiology Certified Personal Trainer

Waiver of Liability and Assumption of Risk

I acknowledge that by signing this document, I am waiving certain legal rights, including the right to sue. I further acknowledge that this is a binding legal agreement.

I do hereby consent to participate in a running program that will include hill training, speed work and distance runs. Because physical exercise can be strenuous and subject to risk of serious injury (including but not limited to musculoskeletal injury, spinal injuries, abnormal blood pressure responses, and rare instances heart attack or death), it is urged that you obtain a physical examination from a doctor before participating in any exercise activity. You agree by participating in physical exercise or training activities, you do so entirely at your own risk. You agree that you are voluntarily participating in these activities.

This waiver and release of liability includes, without limitations, all injuries which may occur as a result of your slipping and/or falling while running in all public areas.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability. You and your heirs, executors, administrators and assigns, forever release, and forever release and discharge the trainer/instructor Nicole McLaughlin, from any and all claims or causes of action, demands, damages, costs (including solicitor and client) and you voluntarily give up or waive any right that you may otherwise have to bring a legal action against Nicole McLaughlin. This release is being provided with the knowledge that such claims or causes of action, demands, damages, costs may have been caused by the negligence of Nicole McLaughlin.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Signed: _____

Printed Name: _____

Dated: _____