

PREP Training, LLC

WAIVER AND RELEASE FROM LIABILITY

In consideration of PREP Training, LLC for the purposes of improving my fitness, I hereby attest that I am in good health, that my statements in the attached Questionnaire is accurate to the best of my knowledge, and that my physical condition has been verified by a licensed medical doctor. I fully understand the risk inherent in such a fitness/running program and accept for myself, my heirs, and my personal representatives full responsibility for personal bodily injury, death, or property losses that may occur as a result of my being a part of this program or engaging in training sessions. I hereby indemnify and save and hold harmless my coach, Lisa Turner and PREP Training, LLC from any loss, liability, damage and cost I may incur due to my participation in this program. I have read and voluntarily signed this waiver and release from liability, and further agree that no oral representations, statements or inducements apart from the foregoing written agreement have been made.

By signing below, I agree to the above Contract and Release from Liability.

Please PRINT your full name _____

Signature _____ **Date** _____

Guardian if under 18 (Print name) _____

Signature _____

Date: _____

If you have any questions, please feel free to contact Coach Lisa Turner:

prep2runfaster@gmail.com – 262.443.3667

Please retain a copy of this Waiver and Release for your own records.