



Athlete's Name: \_\_\_\_\_ Age \_\_\_\_\_

## Participation and Assumption of Risk Agreement

\_\_\_\_\_, "Athlete", in consideration of being permitted to participate in the athletic, running, and training program with Coach (s) **Kevin and/or Marybeth Hrim** acknowledge that participation in such a training program can be hazardous to my health and that I have an increased risk of injury by participating in this program.

I agree and understand I am solely responsible for my health and medical condition, and it is my sole responsibility to determine my physical and medical fitness to undertake a strenuous training program. I acknowledge the Coach (s) are not medical doctors and advice and recommendations of the Coach (s) are based upon the Coach's training and experience as a runner.

I know that running is a potentially hazardous activity and certify I am in good health and physically fit to enter into a training program. I acknowledge and am aware of the many risks involved in athletic training in general and running training specifically, which risks include by way of example and not limitation: 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 related injuries such as heat stroke and heat exhaustion, dehydration and over hydration conditions such as hyponatremia, and catastrophic injuries and conditions such as heart attacks and other conditions or injuries which could be fatal.

I accept all the inherent risks of participating in the running and conditioning training program. I understand and agree Coach (s) **Kevin and/or Marybeth Hrim** shall assume no responsibility or liability for me for accident, illness, or loss of, or damage to, personal property resulting from participation in this training program.

The forgoing is submitted in consideration of Coach (s) **Kevin and/or Marybeth Hrim** allowing my participation in this Training Program. I confirm I am of Adult age and I execute this document with full knowledge of the contents and consequences stated in this agreement.

\_\_\_\_\_  
Signature \_\_\_\_\_ Date