

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

I, _____, acknowledge that training for, racing in and/or volunteering for running, biking, swimming and multisport events are potentially hazardous activities. I further acknowledge that running, biking, swimming and multi-sport events are extreme tests of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN ALL MULTI-SPORT TRAINING AND RACING FUNCTIONS AND ACTIVITIES. I certify that I am physically fit, have sufficiently trained for participation in these events and have not been advised otherwise by a qualified medical person. I acknowledge that my statements on this RELEASE AND HOLD HARMLESS are being accepted by TRISUCCESS MULTISPORT COACHING LLC (DBA TRISUCCESS, TRISUCCESS COACHING) permitting me to participate in training activities and functions. I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns a) I AGREE to abide by the Competitive Rules adopted by USA Triathlon, including the Medical Control Rules, as they may be amended from time to time, and I acknowledge that my membership with TRISUCCESS may be revoked or suspended for violation of the competitive Rules; b) I WAIVE, RELEASE, AND DISCHARGE from any and all claims or liabilities for death, personal injury, property damages, theft or damages of any kind, which arise out of or relate to my participation in, or my traveling to and from, an organized TRISUCCESS function, THE FOLLOWING PERSONS OR ENTITIES: TRISUCCESS MULTISPORT COACHING LLC, Kathleen S. Johnston, Caroline S. Butler, Shelby L. Hartmann, TRISUCCESS coaches, sponsors, volunteers, and the employees, representatives and agents of any of the above; c) I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims or liabilities that I have waived, released or discharged herein; and d) I INDEMNIFY AND HOLD HARMLESS the persons or entries mentioned above from any claims made or liabilities assessed against them as a result of my actions during a TriSuccess training activity or function.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER (if under 18, parent or guardian must also sign below).

I HAVE READ THIS DOCUMENT, AND I UNDERSTAND AND AGREE WITH ITS CONTENTS.

Signature _____

Date _____

As the natural or legal guardian of the minor named above, I hereby bind myself, the minor and our executors, administrators, heirs, next of kin, successors and assigns to the terms of the foregoing RELEASE AND HOLD HARMLESS. I represent that I have the legal capacity and authority to act for and on behalf of the minor named above and I agree to indemnify and hold harmless the persons or entities mentioned in the foregoing RELEASE AND HOLD HARMLESS for any claims made or liabilities assessed against them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the minor in the execution of the foregoing RELEASE AND HOLD HARMLESS or in the execution of this Consent.

PARENT/GUARDIAN SIGNATURE _____

DATE _____