



www.fit2runfitness.com

I _____, have agreed to participate in *fit2run*, an outdoor running clinic. The activities of *fit2run* include a gradual running training program, strength exercises, flexibility exercises, running drills, guest speakers and a race. Acknowledgement is hereby made that the activities of the fitness program will require me to spend time indoors and outdoors in the heat, rain and cool temperatures. I further acknowledge that there are risks involved, but are not limited to participants, volunteers, and lack of hydration. In consideration of my being accepted into the program, I agree to release and discharge Wendy Pauls, Monique Gerber, and Glenda Rahn (owner of Energy for Life Fitness) from any injuries sustained by me as a result of participation in this program. I agree to indemnify and hold harmless Wendy Pauls, Glenda Rahn and Monique Gerber against any liability incurred as a result of such injury or loss. Fitness activities and programs require that I be in good health and have no condition that could endanger my wellbeing through participation. I will notify Wendy Pauls and Monique Gerber of any such defects in writing prior to enrolling in this program.

The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to act and release said parties on behalf of myself.

Signature of Participant: _____

Date: _____



Wendy Pauls, PTS - Personal Trainer, Running Coach & Life Coach

Monique Gerber, PTS - Personal Trainer & Running Coach