



## Athlete Waiver & Release

I acknowledge that training and/or participating in a fitness activity related to triathlon, running, cycling, swimming, and strength training are an extreme test of a person's physical and mental limits and such training or participation poses risks of serious bodily injury, death or property damage. With full understanding of the risks I am taking, I HEREBY ASSUME ALL THE RISK OF TRAINING FOR AND PARTICIPATING IN SUCH ACTIVITIES AND EVENTS and agree to the following:

Alison Headley of TRIumph Coaching LLC has offered to supply me with training plans and coaching advice to assist me with the improvement of my fitness and to support me in attaining my athletic goals.

I hereby attest that I am in good health and my physical condition has been verified by a licensed medical doctor and furthermore, that the licensed medical doctor has been advised that I intend to participate in these activities.

I agree that I will not hold Alison Headley or Triumph Coaching responsible for any injury, accident, medical condition, damage or death that may result from my training or racing. I am doing this voluntarily and recognize the inherent risks in any type of triathlon training/racing.

Print Name

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Sign Name

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Date

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