

Liability Release:

In consideration of Coach Nicole R. Vermeersch developing a training program to prepare you for any endurance sport, half-marathon or marathon, you, your heirs, executors, administrators and assignees, waive and release any and all rights and claims for damages you may have against the sponsors, and any and all individuals and groups involved in coordination of workouts including, but not limited to Nicole R. Vermeersch and South Bay Runners Club or representatives, sponsors, successors, and assignees for any and all injuries suffered by you in said events or during training.

You attest by using Nicole R. Vermeersch's training program and/or training manual you are physically fit and acknowledge that training for any endurance sport involves strenuous activity and that you have sufficiently prepared and/or trained for the workout schedule provided by Nicole R. Vermeersch, and you have visited a medical doctor to verify your physical condition.

Signature: _____

Date: _____

Print Name: _____