

Runnerpeeps, LLC
8301 North Creek Run, Raleigh, NC 27613
Tele: 919-605-2071
Andrew Jeffries, Co-owner and Stephanie Jeffries, Co-owner.

Waiver Form and Release of Liability for Runnerpeeps Group Training Services

I desire to engage voluntarily in Runnerpeeps Group Training to attempt to improve my physical fitness. I understand that Runnerpeeps Group Training is a training program facilitated by Runnerpeeps, LLC. I understand that the activities are designed to place a gradually increasing workload on the cardiorespiratory and musculoskeletal systems and thereby attempt to improve their function. The reaction of these systems to such activities cannot be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise, including but not limited to abnormalities of blood pressure and heart rate.

I understand that the purpose of a regular exercise program is to improve and maintain cardiorespiratory fitness, body composition, flexibility, and muscular strength and endurance. I understand that I am responsible for monitoring my own condition throughout the Runnerpeeps Group Training activities and should any unusual symptoms occur, I agree to cease active participation and inform the coaching staff of the symptoms. If medical clearance must be obtained prior to my participation, I agree to consult my physician and obtain written clearance.

In signing this consent form, I affirm that I have read this form in its entirety and understand the nature of the exercise program. I also affirm that my questions regarding the program have been answered to my satisfaction. I understand that participating in Runnerpeeps Group Training activities are potentially hazardous activities. I should not participate in any training activities unless I am able to safely complete the workouts. I assume all risks associated with participating in the workouts including, but not limited to falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the training surfaces, all such risks being known and appreciated by me. In case of a medical emergency arises while participating in the personal training activities, I grant permission for Runnerpeeps staff personnel to seek medical help. Permission is given to physicians to perform needed treatment.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my participation, I, for myself and anyone entitled to act in my behalf, waive and release Runnerpeeps LLC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these program activities even though the liability may arise out of negligence or carelessness on the part of the persons referred to in this waiver.