



BPC Coaching Waiver and Release Form

I acknowledge that by signing this document, I am assuming risks associated with undergoing a fitness regimen, as well as the inherent risks of the sport of cycling, and/or triathlon, and/or running, and agree to indemnify, hold harmless, and release from liability Build Peak Compete Performance Systems LLC (hereafter referred to as "BPC") and its coaches.

Additionally, I acknowledge by signing this document that I am medically cleared to participate without limitations in high intensity, long duration, and physically strenuous activities, to include but not limited to, cycling, running, and strength training. I understand that there are risks involved in each of the above mentioned activities, and I fully assume the risks associated with those activities. Any recommendations for changes in diet by BPC are suggestions only and including the use of food supplements, weight reduction, and or body building enhancement products are entirely my responsibility and I should consult a physician prior to undergoing any dietary or food supplement changes. I understand and agree that engaging in physical exercise, activity, and training programs provided by BPC is entirely at my own risk and assume all the risks of potential illness, injury, or death that may result.

I acknowledge that I have fully read this "BPC Coaching Waiver and Release Form" and fully understand that it is a release of liability. I expressly agree to release and discharge BPC and its coaches, associates, affiliates, employees, agents, representatives, successors, or assigns, from and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against BPC for negligence, personal injury, or illness.

Client [Print]

Client [Signature]

Date

Parent/Guardian [Print]

Parent/Guardian [Signature]

Date