

**GENERAL RELEASE OF LIABILITY**

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I, hereby contract Jakob Irwin of JI Endurance Coaching, as my personal running coach. I agree to pay for coaching services as agreed upon. I understand that ALL services I require are to be billed and paid for up front before I receive said services.

**WAIVER AND RELEASE FROM LIABILITY**

In consideration of JI Endurance Coaching for the purposes of improving my fitness, I hereby attest that I am in good health, that my statements in the attached Initial Consultations are accurate to the best of my knowledge, and that my physical condition has been verified by a licensed medical doctor. I fully understand the risk inherent in such a fitness/running program and accept for myself, my heirs, and my personal representative's full responsibility for personal bodily injury, death, or property losses that may occur as a result of my being a part of this program or engaging in training sessions. I hereby indemnify and save and hold harmless my coach (Jakob Irwin) and JI Endurance Coaching from any loss, liability, damage and cost I may incur due to my participation in this program. I have read and voluntarily signed this waiver and release from liability, and further agree that no oral representations, statements or inducements apart from the foregoing written agreement have been made.

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By signing below, I agree to the above Contract and Release from Liability.

Please PRINT your full name:

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Signature: Date:

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Guardian if under 18 (Print name):

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Signature: Date:

If you have any questions, please feel free to contact Coach Jakob Irwin via the website or by email – timetorun@jiendurancecoaching.com. Please retain a copy of this Waiver and Release for your own records.