



COACHING CONTRACT AND WAIVER

- READ BEFORE SIGNING -

COACHING CONTRACT

I hereby contract RUNNENG as my personal coach for endurance sports and/or personal training. I agree to pay for services up front at the rate of \$85 for the initial consultation and set up, \$_____ per month for coaching services, and/or \$70 per hour for one-on-one coaching sessions. I understand that payment is due in advance of receiving said services.

WAIVER AND RELEASE FROM LIABILITY

In consideration for being accepted as a client by RUNNENG for the purposes of improving my fitness, I hereby attest that I am in good health, that my statements in the Initial Questionnaire are accurate to the best of my knowledge, and that a licensed medical doctor has verified my physical condition. I fully understand the risk inherent in such a fitness program and accept for myself, my heirs and my personal representatives 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 and RUNNENG from any loss, liability, damage, and cost I may incur due to my participation in this program. I have read and voluntarily signed the waiver and release from liability, and further agree that no oral representations, statements, or inducements apart from the foregoing written agreement have been made.

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

X _____ Date Signed: _____ Age: _____
PARTICIPANT SIGNATURE

PRINT NAME: _____

Guardian if under 18 (print name)

Signature _____ Date _____

If you have any questions, please feel free to contact Runneng at jon@runneng.com

***Please mail or e-mail to Jonathan Eng 720 NW Naito Pkwy D18, Portland, OR 97209**

PLEASE RETAIN A COPY OF THIS CONTRACT AND RELEASE FOR YOUR OWN RECORDS.