**AGREEMENT OF RELEASE AND WAIVER OF LIABILITY**

I hereby agree to the following:

 (client)

1. That I am participating in track & field training and overall performance enhancing offered by East Atlanta Track Club and the designated facility in which the sessions are administered. I will receive information and instruction about fitness as well as various performance enhancing methods through the act of physical activity only. I am fully aware that this program requires physical exertion which may be strenuous and may cause injury. I am fully aware of the risks and hazards that are involved.
2. I completely understand that it is my responsibility to consult with a physician regarding my involvement prior to my participation in these training sessions. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation of the workouts involved.
3. In consideration of being permitted to participate in these training sessions, I agree to assume full responsibility for any risks, injuries or damages known or unknown which I may incur.
4. In further consideration of being permitted to participate in the training sessions, I knowingly, voluntarily and expressly waive any claim I may have against East Atlanta Track Club, its representatives or the facility in which the sessions are held, for any damages I may sustain as a result of my participation in the training.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue East Atlanta Track Club, its representatives or the facility in use for any injury, damage or death due to unforeseen occurrences involved with my participation in these training systems.
6. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

 Participant's Signature Date

 If participant is under 18:

As Legal Guardian of , I consent to the terms and conditions above

 Guardian's Signature Date