

Acknowledgement of Risk, Release of Liability, and Athlete/Parent Contract

I, _____ am aware that competing in and training for endurance sports involves risks. Some of the risks included are:

- Death or serious bodily injury (including head injury)
- Fatigue
- Muscle soreness
- Dehydration

I agree to do my best to limit these risks to the best of my ability and release True Performance Cycling and the Coaches associated with True Performance Training Systems from all liability for injuries caused while competing or training.

I agree to always use proper safety equipment for the activity I am participating in. I will also ask questions if I do not understand proper technique for a particular activity.

I agree to be respectful to all athletes competing with/against me, and put forth a reasonable effort to have a good time while competing. I also agree to maintain a humble attitude.

I agree to always set an example in the way I conduct myself, both in training and competition. This includes following all rules of competition set forth by the race organizers, race officials, sport governing bodies, USADA, and WADA.

I agree to do my best to give back to the sport in which I am competing.

I agree and understand that the sport in which I am competing is only a sport and at times other things might take priority over training/competing.

By signing below you are agreeing to all of the statements above.

Signature of athlete: _____

Signature of Parent (if athlete is under 18 years old): _____

Date: _____