

**Participant Agreement, Release and Acknowledgement of Risk
2021 ZeeSpeed™ Youth Endurance Program**

- I. In consideration of the services of ZeeSpeed™ and by signing this Agreement below, I agree to WAIVE any claims for and RELEASE and forever discharge ZeeSpeed™, its subsidiaries, agents, owners, volunteers, participants, employees and all other persons or entities acting in any capacity on their behalf from any and all claims, demands, or causes of action, with or in any way connected to my participation in this activity or my use of ZeeSpeed™ services, or facilities including any such claims which allege negligent acts or omissions of ZeeSpeed™. I further agree to defend, indemnify and hold harmless ZeeSpeed™ for and from any such claim.

- II. I understand and acknowledge that intense running and speed training entail known and unanticipated risk that could result in physical or emotional injury, paralysis, death and damage to myself, to property or to third parties. I understand that such risk cannot be eliminated without jeopardizing the essential qualities of the activity. The risks include, among other things, broken bones, sprains and other soft tissue injuries, bruises, abrasions, lacerations, dental injuries, concussion, spinal cord injuries and death. Furthermore, I understand and acknowledge that ZeeSpeed™ coaches and volunteers have difficult jobs to perform. They seek to ensure the safety of all participants, but they are not infallible. They might be unaware of the player's fitness or abilities and they may give inadequate warnings or instruction.

- III. I expressly agree and promise to accept and assume all of the risk existing in any activity involving the services, equipment or facilities of ZeeSpeed™. My participation in any activity is purely voluntary and I elect to participate in spite of the risk.

- IV. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the cost of such injury or damage myself. I further certify that I have no medical or physical conditions, which could interfere with my safety in this activity, or else I am willing to assume – and bear the cost of – all risk that may be created, directly or indirectly, by such condition.

- V. I understand that this Participant Agreement, Release and Acknowledgement of Risk is intended to be as broad and inclusive as permitted by the laws of the State of Washington and that if any portion of it is held invalid, I agree that the remaining terms shall continue to be in full force and effect.

- VI. I understand that this Participant Agreement, Release and Acknowledgement of Risk is an important legal document and declare that I have read and considered it carefully. I fully understand its terms and agree that no oral representations, statements or other inducements to sign have been made apart from what is written on this form. By signing this document, I acknowledge that if any one is hurt or property is damaged during my participation in any activity involving services provided by ZeeSpeed™ or ZeeSpeed™ equipment or facilities, I may be found by a court of law to have waived my right to maintain a lawsuit against ZeeSpeed™ on the basis of any claim that I have released by signing this agreement.

Parent or Guardian Additional Release and Indemnification:

If I am signing on behalf of a minor, I hereby permit the minor listed below to participate in ZeeSpeed™ activities and to use its service, equipment and facilities. I further agree full responsibility for all medical expenses incurred as a result of the minors participation and agree to release, hold harmless and indemnify ZeeSpeed™ from any and all claims, demands or causes of action brought by or on behalf of the minor which are in any way connected to the minors participation in ZeeSpeed™ activities or the use of ZeeSpeed™ equipment or facilities.

Printed name of the participant

Participant Signature

Date

Parent/Guardian Signature

Date