



I, _____, have agreed to participate in Frisco Triathlon Club's events.

I recognize that the program may involve strenuous physical activity including, but not limited to, swimming, outdoor cycling, and running. I will follow the rules of the road at all times.

I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program.

I acknowledge that my registration and subsequent participation in the Frisco Triathlon Club is completely voluntary.

In consideration of my participation in this program, I hereby release and discharge the Frisco Triathlon Club and its agents from any claims, demands and causes of action as a result of my voluntary participation and registration in events that are hosted or supported by Frisco Triathlon Club.

I understand that the activities associated with triathlon are inherently dangerous and I assume all risks and injuries that can come from my involvement in these activities.

NAME _____

DATE SIGNED _____

EMERGENCY CONTACT NAME _____

EMERGENCY CONTACT NUMBER _____

COMMENTS _____