



USAT 12-Week Triathlon Training Registration, Questionnaire & Waiver Form

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone (cell) _____ Home: _____

Age: _____ Emergency Contact Name & Phone #: _____

Occupation: _____ Stress Level: (low) (moderate) (high)

T-Shirt Size: sm _____ med _____ lg _____

Program Options: *Please check one.*

_____ **Ultimate Package: \$515** - Unlimited coached workouts per week, with clinics, lectures, training manual, 12 weeks of Online Meal Planning/Nutrition Tracking and 12 weeks of personalized Online Coaching through WorkoutLog.com.

_____ **Gold Package: \$375** – Up to 3 coached workouts per week, with clinics, lectures, training manual and 12 weeks of Online Meal Planning/Nutrition Tracking.

_____ **Silver Package: \$295** – Up to 3 coached workouts per week, with clinics, lectures and training manual.

Coached Schedule (subject to change):

Monday: 6am or 6:30pm Strength

Tuesday: 6:30pm Swim

Wednesday: 6am Strength or 6:30pm Run

Thursday: 6am Run or 6:30pm Swim

Saturday: 8am Bike/Brick

Background: (please tell us your background in the following disciplines if any)

Swimming: _____

Biking: _____

Running: _____

Current Training: (please list current weekly training volume for the following disciplines)

Swimming: _____

Biking: _____





Running: _____

Misc: _____

Please list any current or past medical or injury related issues (asthma, tendonitis, etc.):

Please list any prescription medications you are currently taking:

What are your goals in joining the B&S Tri-Training Program?

What are your fears (if any) in joining this program or doing a triathlon?

How did you hear about the B&S Tri-Training Program?

WAIVER AND RELEASE OF LIABILITY -- *READ BEFORE SIGNING

In consideration of being allowed to participate in any way in one of B&S Fitness Program's swimming, cycling and/or running programs and/or any of the related events and activities that either they, their associates, and/or member of the B&S Fitness coaching staff conducts, I, _____ (name of participant), the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of B&S Fitness Programs LLC, their associates and/or any member of the training staff immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS B&S Fitness Program's, the coaching staff, family members, associates, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.





x _____ Date Signed: _____

PARTICIPANT'S SIGNATURE

Please mail this signed registration form & payment to:

B&S Fitness Programs, 15 Maple Street, Salem, MA 01970

Questions? Contact Brandi Dion (978) 204-8588 or BnSFitness@yahoo.com

More info.....

www.BnSFitness.com

