

## Acknowledgement, Waiver, and Release of Liability

I acknowledge that sports training and racing is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. I hereby assume the risk of participating in the training and other activities recommended by Elizabeth Flynn and associates. I certify that I am physically fit, am sufficiently trained for participation in this program and have not been advised against participation by a qualified health professional. I acknowledge that my statements on this AWRL are true. I acknowledge and accept the risk associated with rigorous physical training. I waive, release and discharge from any and all claims, losses, or liabilities of death, personal injury, partial or permanent disability of property damage, medical or hospital bills, theft, or damage of any kind, including economic loss, which may in the future arise out of or relate to my participation in this training program. I agree not to sue any of the persons, associates, companies or entities associated with Elizabeth Flynn. I hereby affirm that I am eighteen (18) years of age or older. I have read this document and I understand its contents without any question whatsoever.

**Print name** \_\_\_\_\_

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_