

TRI YOUR LIMITS LTD

P.O. Box 124 • Emmaus, PA 18049 • phone: 610-791-3541 • email: info@triyourlimits.com

SERVICE CONTRACT

T.Y.L. One

- Initial Set-up Fee \$115.00
- Monthly Coaching (3 month minimum) \$135.00/month

T.Y.L. Two

- Initial Set-up Fee \$115.00
- Race Specific Coaching (includes unlimited e-mail & monthly phone consultation)

12 week Sprint \$300.00
Olympic/International or Half-Ironman

18 week Sprint \$450.00
Olympic /International or Half-Ironman

27 week Olympic \$600.00
Half-Ironman or Ironman

36 week Olympic \$900.00
Half-Ironman or Ironman

T.Y.L. Sport Specific

- Initial Set-up Fee \$115.00
- 1-Sport Monthly Coaching \$90.00/month

Extras

- One-on-one coaching \$100.00/hour
- Email/phone consults \$70.00

Waiver

I acknowledge that training for and/or participating in a triathlon, duathlon, cycling, swimming, running or any other endurance sporting event is an extreme test of my physical and mental limits and that such training and/or participation poses potential risks of serious bodily injury, death, or property damage. I have provided Scott Rowlands with all information which in any way relates to or that could affect my physical health and attest that I am in good health and my physical condition has been verified by a licensed medical doctor.

Furthermore, in return for my participation in this program, I on behalf of myself and my heirs or executors I hereby:

a) WAIVE, RELEASE, and DISCHARGE Scott Rowlands, his officers, directors, administrators, employees, consultants, coaches and agents from any claims, costs or liabilities for personal injury, illness, death or damages of any kind which I may have now, or at any time in the future, resulting from participation in this or any other program;

b) AGREE NOT TO SUE any of the persons or entities mentioned above for any claims, costs or liabilities that I have waived, released or discharged herein;

c) INDEMNIFY, DEFEND, and HOLD HARMLESS, the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions.

Please enclose a check or money order along with this paperwork.

Both payment and paperwork must be received before the first training cycle begins.

Signed

Date

Print Name

Received

Date

T.Y.L. One

T.Y.L. Two 12 week Sprint 18 week Sprint 27 week Olympic 36 week Olympic

T.Y.L. Sport Specific

Extras Phone/Email One on One

Amount due \$ _____