



**Coach Caolan MacMahon**  
**USATF, RRCA, Lydiard L1& L2 Certified Running Coach**  
**The Long Run Coaching**

### **COACHING CONTRACT**

I hereby contract Caolan MacMahon, dba The Long Run Coaching, as my personal running coach for endurance sports. I agree to pay for coaching services up front as agreed upon. I agree that should I require any one-on-one coaching outside the time included in my monthly coaching package that I am expected to pay a rate of \$65 an hour for said services. I understand that these services can, at my discretion, either be billed as one complete hour or split into two half hour sessions. I understand that ALL services I require are to be billed and paid for up front before I receive said services.

### **WAIVER AND RELEASE FROM LIABILITY**

In consideration of The Long Run Coaching for the purposes of improving my fitness, I hereby attest that I am in good health, that my statements in the attached Questionnaires are accurate to the best of my knowledge, and that my physical condition has been verified by a licensed medical doctor. I fully understand the risk inherent in such a fitness/running program and accept for myself, my heirs, and my personal representatives full responsibility for personal bodily injury, death, or property losses that may occur as a result of my being a part of this program or engaging in training sessions. I hereby indemnify and save and hold harmless my coach and The Long Run Coaching from any loss, liability, damage and cost I may incur due to my participation in this program. I have read and voluntarily signed this waiver and release from liability, and further agree that no oral representations, statements or inducements apart from the foregoing written agreement have been made.

**By signing below, I agree to the above Contract and Release from Liability.**

**Please PRINT your full name** \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Guardian if under 18 (Print name)** \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**If you have any questions, please feel free to contact Coach Caolan at The Long Run Coaching via the website or by email - [info@thelongruncoaching.com](mailto:info@thelongruncoaching.com).**

**Please retain a copy of this Waiver and Release for your own records.**