



## **Boise Young Rider Development Squad (BYRDS) Release and Hold Harmless Agreement**

I, \_\_\_\_\_ (“Rider”) understand that participation in any sport, including bicycle riding and racing, and the training involved in preparing to race bicycles, carries unavoidable risk of property damage, bodily injury, and death (collectively referred to as “Injury”). By signing this release and hold harmless agreement, Rider agrees to release and hold harmless Endurance Training & Fitness Center, Inc., Douglas Tobin, Tobin Coaching, LLC, its members, officers, employees, directors, owners, principals, coaches, and the Boise Young Riders Development Squad (collectively referred to as “Releasees”), from any and all claims and causes of action of any nature, including but not limited to, negligence, gross negligence, and strict liability, for any Injury which Rider may incur and/or cause which arises from or relates to bicycle riding, racing, training to race bicycles, and/or any travel to or from any bicycle race or training event. Rider further recognizes that bicycling at the competitive level is a strenuous activity, and Rider certifies that he/she has no physical limitations, which would prevent Rider from engaging in the sport.

\_\_\_\_\_  
Signature of Rider Date

\_\_\_\_\_  
Signature of Parent or Legal Guardian of Rider Date  
(if Rider is under 18)

\_\_\_\_\_  
Printed Name of Parent or Legal Guardian