

ALEM KAHSAY

PROFESSIONAL RUNNER & COACH

Please complete the below application and email to alem@coachalemk.com
or print and mail to:

Coach Alem Kahsay - 1871 7th Ave #6C - New York, NY 10026

Name: _____

Address: _____ Apt: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Cell Phone/Daytime: _____

Email: _____

NYC Marathon Time (2005 or other) if applicable: _____ Mile Pace: _____

Payment: Check (payable to Alem Kahsay) or bring cash to first class.

WAIVER: Individually and, where applicable, I understand the risks inherent in participating in running/exercise activities and hereby assume all risks incident to such activities and, in consideration of my acceptance of this application, hereby waive and release, the persons or entities conducting such activities and/or owning the facilities where such activities are conducted, and all of the officers, directors, employees and agents of the foregoing, from all present and future claims and liabilities of any kind, known or unknown, arising out of my participation in such activities or use of such facilities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing.

Signature: _____ Date: _____