



Welcome to the No Limits Endurance Community!

What's your big dream? You know the one that makes you feel scared and excited? *Yup, that's the one!* We will help you make that happen.

We are a bunch of big dreamers (and hard workers), just like you.

We work with athletes that have goals that they care about. If the dream matters to you, it matters to us. Period.

We support our athletes as they make their big dreams a reality through hard work, commitment, and gratefulness. We want to work with others who have the passion and enthusiasm for pushing their limits and making the impossible become the possible.

We specialize in supporting busy age-group endurance athletes who are going after all sorts of dreams: from the first time to the fastest time, from short & fast distances to the endurance ultra.

Our community is open to all age group athletes, and we come in all ages, sizes and abilities. We believe in *inclusiveness* and *support*.

This packet allows us to collect key information from you, and to share the expectations responsibilities for both the coach and athlete. Please take the time to review this information, and be sure to ask questions! We are happy to help!

Here we go!!!!

If you have any questions or concerns with you club membership, please feel free to contact owner & head coach Maria Simone, maria@nolimitsendurance.com, (609) 839-6394.

Athlete Information

We appreciate the time you will take to fill out these forms. This information is necessary to create a plan that matches your goals, ability, lifestyle, fitness, and experience. Your responses are a key part of our set-up process. Please provide truthful answers. If you aren't sure what we are asking, please ask for clarification.

ATHLETE CONTACT & BASIC INFORMATION

Name: _____

Street Address: _____

City, State, Zip: _____

Cell Phone: _____

Alternate Phone: _____ Email Address: _____

What are the best times to reach you? _____

Birthday: _____ Age: _____ Sex: _____ Height: _____ Weight: _____

For all tiers of membership:

1. **Join our private group page on Facebook.**

You can find us here: <https://www.facebook.com/groups/NoLimitsEnduranceCoachingTeam/>. This space offers an opportunity for anyone affiliated with No Limits to share information, ask questions, and also cheer each other on come race days. It's a closed group, so you can request access. Once we see the request, we'll approve you. It's fun in there – our motto is no egos – just sweat & smiles!

2. **Order your FREE TEAM SWAG!!**

Order a **free hat, beanie, buff, or a visor** through our team swag store, available here: <https://runsignup.com/Club/Store/CO/Westminster/NoLimitsEnduranceCoaching>. Use the code **2020Swag** to receive the 100% discount on the hat item - this will cover the cost of the hat, processing fees and shipping. Alternatively, if you don't want a hat item, you can use this code for a discount on other merchandise available in the store. Your initial order will also include a complimentary swim cap (for triathletes and swimmers), water bottle, and stickers. If you'd like to order additional items, you can purchase them through the store as well. Our store also features t-shirts, zip hoodies, swim caps, water bottles, stickers and more.

3. **Order Team Racing Gear**

<https://epixgear.com/team/nolimitsendurance/> If you'd like to purchase a No Limits Racing Kit (or training gear), the early winter store is open from now until 2/5/20 for delivery by the week of 3/16/20.

4. Check Team Discount Codes

We are lucky to have a collection partners who offer our club members a discount on their goods and services. To access these discount codes, please visit this page:

<https://runsignup.com/Club/NoLimitsEnduranceCoaching/Page/DiscountCodes>

For Tier 2 Club Membership:**1. Complete 1-4 above****2. Connect with us on Training Peaks**

If you have a Training Peaks account, you can connect to our coaching account via this link: <https://home.trainingpeaks.com/attachtocoach?sharedKey=F7EKAW2SQG742>. If you don't have a Training Peaks account, you can make one for free here:

<https://www.trainingpeaks.com/>. After you have made your account, you may connect to our coaching account. This will allow us to load in your selected TrainingPlans.

***Forms continue on the next page.*

#NLE Crew Contract**MEDICAL HISTORY EVALUATION**

Emergency contact name: _____ Relationship: _____

Emergency contact primary phone: _____ Alternate phone: _____

Please list any medications taken on a regular basis (prescription and nonprescription). If none, please write "none."

Medication	Dose	Frequency	Reason

Are you allergic to any medications/foods/substances? _____ No. _____ Yes. If yes, please fill out below.

Allergic to:	Reaction:

Past and current medical history*Please list any current illnesses, recent injuries, recent surgeries, or past medical problems or surgeries. Do you have, or have you had, any of the following?*

	Yes	No		Yes	No
Heart Disease	_____	_____	Asthma	_____	_____
Heart Attack	_____	_____	Wheezing	_____	_____
Heart Surgery	_____	_____	Diabetes	_____	_____
Heart Murmur	_____	_____	Epilepsy	_____	_____
Hypertension	_____	_____	Anemia	_____	_____
Thyroid Problems	_____	_____	Stress Fracture	_____	_____

*Any special medical needs or information we should be aware of? Even if you think it isn't important, please share it with us.***Physical Activity Readiness***Are you currently recovery from any injury or illness, sports-related or otherwise? If, yes, please explain.*

_____ Yes _____ No	Has a doctor ever said that you have a heart condition and recommended only medically supervised physical activity?
_____ Yes _____ No	Do you have chest pain brought on by physical activity?
_____ Yes _____ No	Have you developed chest pain within the last month?
_____ Yes _____ No	Do you tend to lose consciousness or fall over as a result of dizziness?
_____ Yes _____ No	Do you have a bone or joint problem that could be aggravated by the proposed physical activity?
_____ Yes _____ No	Has a doctor ever recommended medication for high blood pressure or a heart condition?
_____ Yes _____ No	Are you aware, through your own experience or a doctor's advice, of any other physical reasons against your exercising without medical supervision?
_____ Yes _____ No	Do you have any metabolic diseases, controlled or uncontrolled, such as diabetes, hyperthyroidism, hypothyroidism, etc.?

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<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	Do you, or have you ever, smoked regularly?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	Do you take any drugs or medications?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	Are you, or have you been, recently pregnant?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	Do you have high cholesterol
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	Have you had any surgery in the past year?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	Have you ever had an injury that has caused you to stop exercising for more than one week?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	Are you, or have you ever been, anorexic or bulimic?
<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	Are there any other physical or emotional problems that may affect your training?

Please explain any "yes" answers.

SOCIAL MEDIA ACCOUNTS

We use this information to tag you and connect with you. Please include either the URL or your username so we can find you and connect with you. If you don't want to be connected via social media, do not fill out this section.

- **Twitter:**
- **Instagram:**
- **Facebook:**
- **Blog:**
- **Other:**

RACING CALENDAR

Below, list all of the events you will participate in throughout the duration of your club membership. We will add your races to our team race calendar, and include you in our social media shout outs. We also use the team race calendar to determine which races our coaching staff may attend.

If you add or modify your race calendar, simply email maria@nolimitsendurance.com with the updates.

Date	Event Name	Distance/Race Type	Goals	Registered? (Y/N)
				*hit tab to add more lines

Please continue to the next page for the waivers. These forms may be signed, scanned and emailed to maria@nolimitsendurance.com, or you may mail them to Maria Simone, No Limits Endurance Coaching, 8674 Carr Loop, Westminster, CO 80005.

Coaching & Training Waiver

By participating in physical training and racing activities, I acknowledge, accept and assume the risk inherent therein. I certify that I am physically fit and have not been advised against participation by a qualified professional. I WAIVE, RELEASE, AND FOREVER DISCHARGE from and against any and all claims, losses or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bill, theft, or damage of any kind, including but not limited to economic losses, which may in the future arise out of or relate to my participation in the training programs, testing activities or racing activities directed by No Limits Endurance L.L.C. (No Limits Endurance). THIS RELEASE INCLUDES CLAIMS, LOSSES, OR LIABILITIES THAT ARE CAUSED OR CLAIMS TO BE THE RESULT OF NEGLIGENT ACTS OR OMISSIONS OF THE PERSONS OR COMPANY I AM RELEASING OR ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF ANY OTHER PERSON OR ENTITY INCLUDING NO LIMITS ENDURANCE, ITS EMPLOYEES, AGENTS, INDEPENDENT CONTRACTORS AND/OR AFFILIATES.

I assume the risks of running, biking, swimming, and resistance training, or the participation in any racing or training event. I also assume any and all other risks associated with the training program or racing activities including but not limited to falls, or effect of any other participants, efforts or weather, including heat and/or humidity, defective equipment, the condition of roadways, water hazards, contact with other participants, and any hazard that may be posed by vehicular traffic or pedestrians, all such risk being known and appreciated by me. I further acknowledge that these risks that may be the result of the negligence of the persons or company released herein. I agree to indemnify and hold harmless the persons or company released herein from any all claims made or liabilities assessed against them as a result of my actions or inactions, the actions or negligence of others, including those parties hereby indemnified or any other harm caused by an occurrence related to a No Limits Endurance training program, coaching service and related activities.

Not all exercise programs are suitable for everyone. This or any other program may result in injury. Any user of a No Limits Endurance Training Plan or Coaching Service assumes the risk of injury resulting from performance of the recommended exercises or advice. It is your responsibility to ensure that you are in a state of health, which will enable you to safely undertake strenuous exercise. You are personally responsible for ensuring the safe application of anything described by your training program or coach. To reduce the risk of injury, consult your doctor before beginning this or any exercise/nutrition program. The instructions and advice presented through this program are in no way intended as a substitute for medical counseling.

No Limits Endurance, as well as their employees, agents, independent contractors and/or affiliates, disclaim any liability or loss sustained in connection with exercises recommended, or the instructions and advice expressed to you by your coach or training program. Your recommended training program includes, but is not limited to, advice from your coach and extremely strenuous exercise or testing.

It is further understood that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I affirm that I am eighteen (18) years of age or older. I have read, understand and agree to the terms of the above waiver.

Participant's signature: _____ Date: _____

Printed name of the participant: _____

Please be sure to make a copy for your records. ***Please complete this form and either scan and email to maria@nolimitsendurance.com or mail the original to:***

Maria Simone,
No Limits Endurance L.L.C.,
8674 Carr Loop
Westminster, CO 80005

Statement of Medical Clearance

The form asks for your medical assessment of your patient, and their ability to participate in physical exercise as it relates to training and racing for endurance sport (swimming, cycling, running and triathlon). This athlete will be asked to engage in 5-6 days of exercise, with weekly durations between 7 to 20 hours.

Participant's name:

Address:

Date of birth:

Diagnosis:

Physician's name:

Address:

Telephone number:

- ☐ This patient DOES or DOES NOT (circle one) have restrictions on exercise. If the patient does have restrictions, please list them below:

- ☐ An exercise or rehabilitation program has been established for this patient: YES or NO (circle one). If yes is circled, guidelines are as follows:

Select one of the two options below:

- ☐ The patient named above has no current unstable medical problems that are a contraindication to participating in a program designed to train this patient gradually for endurance events, including marathon running and triathlon (up to Ironman distance). I have discussed with the patient the signs and symptoms that would make an exercise program unsafe. These symptoms are summarized as follows:

- ☐ The patient named above is not eligible to participate in the exercise program due to his or her current medical status.

Please indicate any special recommendations or specific comments that the patient's coach should be aware of when developing the training program:

Physician's signature

Date

(This form may be scanned and returned via email to maria@nolimitsendurance.com or mailed to 8674 Carr Loop, Westminster, CO 80005.)

Confidentiality

Athlete Confidentiality

Information will not be released without the client's permission, except in emergency situations and then only to those necessary for emergency treatment and indicated as an emergency contact in this new client packet. All information regarding your fitness assessment, program, and progress will be kept confidential and remain in the files of No Limits Endurance Coaching for three (3) years following the cessation of your participation in the program.

Client's Signature: _____ Date: _____

No Limits Endurance Coaching, LLC Confidentiality

Workouts, training schedules, information handouts, race guidelines, and other materials provided to the athlete by the coaches of No Limits are the intellectual property of No Limits Endurance Coaching, LLC. They include proprietary information that may not be shared with anyone other than the coach and athlete. Athletes may not:

- Post specific details of workouts on any public or shared forum (including but not limited to social media). For example, screen grabs of workouts, sharing details of the workout on strava, Garmin connect and the like, posting of details on Facebook, etc. However, athletes may use structured workouts in apps such as Strava or Zwift. You may upload data regarding completed workouts (without the coaching instructions) to Strava or Garmin Connect (or similar).
- Post training schedules, or any portion thereof on any public or shared forum (including but not limited to social media)
- Share their personalized training schedule with another person

Sharing such information reflects a violation of intellectual property law.

Client's Signature: _____ Date: _____

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Note: You are **NOT required to sign this form. Only sign this release if you consent to our use of your likeness on our promotional materials (such as athlete highlights on Instagram, Facebook photos, and the like). If you do not sign this form, we will not include you in race shout outs or any other social media highlights.*

CONSENT AND RELEASE FOR USE OF MEDIA

I _____ (client) authorize No Limits Endurance Coaching, LLC, its agents, officers, principals, employees and volunteers ("No Limits") to take or use for advertising purposes the photograph(s), film and/or likeness of me or the photograph(s) I have provided to or that have been taken by No Limits either directly or through posts that are expressly tagged with No Limits. ("Media"). I agree and acknowledge that I have received sufficient value, the receipt of which is hereby acknowledged for the use of the Testimonial and Photograph(s).

I agree that I will make no monetary or other claim against No Limits for the use of any Testimonial or Photograph(s). In addition, I waive any right to inspect or approve the finished product, including written copy, wherein my Testimonial or Photograph(s) appears. I hereby hold harmless and release No Limits from all claims, demands and causes of action which I, my heirs, representatives, executors, administrators or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

I, the undersigned have fully read this authorization and release of information and give my consent for the use as indicated above. I am an adult and am fully authorized to sign this Consent and Release or alternatively, I am the legal parent or guardian for the person signing below is my and has authority to bind me.

Printed Name: _____

Date: _____

Signature: _____

Email: _____

Address: _____

City, State, Zip: _____

Telephone: _____

What will I need?

For triathlon coaching, we will assume you already have all of the basics like a bike, as well as swim, bike, and run gear. You will also need access to a swimming pool and a safe place to ride and run. For run coaching, we will assume you have the appropriate run gear and a safe place to run.

Outside of that, **you will need a good heart rate monitor for field testing, training, and racing.** While there are many quality heart rate monitors, we recommend you purchase one of the GPS models. You will need regular access to a computer with an Internet connection.

Other important equipment you may need:

- Bike Trainer (for indoor bike workouts).
- Power Meter for cycling.
- Bike Cadence Sensor.
- Swim Pull Paddles and Buoy
- Swim Fins
- Strength equipment (such as dumbbells, bands, swiss ball, etc.)

Join the Discussion Online!

Join our virtual community in a private Facebook Group Page, for No Limits Athletes. It's a great place to ask questions, share information and experiences, and enjoy the camaraderie of your teammates. The space is monitored and moderated by all of the No Limits coaches as well. Our motto is no egos – just sweat & smiles!

Find us here: <https://www.facebook.com/groups/NoLimitsEnduranceCoachingTeam/>. This is a private group, so you will need to request access. Once we see your request, we'll approve it!

Thank you for choosing the #NLEcrew with
No Limits Endurance Coaching!

Our athletes are the reason we exist – and we do everything we can to support you on your way to your big dreams! Thank you for trusting us to support you on your journey. We look forward to a great training and racing season ahead!

Go ahead – DREAM BIG! We got you!