

Terms of Service

Pines Endurance

Last updated: April 2026

Welcome to Pines Endurance. These Terms of Service ("Terms") outline the rules and expectations for using our coaching services, website, and training resources. By using our services, you agree to these Terms.

1. Our Purpose

Pines Endurance provides endurance coaching, training guidance, and educational resources to help athletes of all levels improve safely and consistently. Our services are designed for informational and performance purposes only.

2. Health & Responsibility

Participation in endurance training carries inherent risks. By using Pines Endurance services, you acknowledge and agree that:

- You are responsible for your own health and readiness to train
- You will consult a physician before beginning or modifying a training program, especially if you have medical concerns
- You assume full responsibility for your training decisions and participation

Pines Endurance does not provide medical advice or medical services.

3. Coaching Services

When you enroll in coaching with Pines Endurance, you agree to:

- Communicate honestly about training, health, and injuries
- Follow training guidance responsibly
- Respect communication boundaries and response times

Coaching is a collaborative process. Results depend on consistent effort, recovery, and adherence to training principles.

4. Payments & Subscriptions

If you purchase coaching or services:

- Fees are billed monthly unless otherwise agreed
- Payments are non-refundable once services for that billing period have begun
- You may cancel at any time with reasonable notice prior to the next billing cycle

Pines Endurance reserves the right to adjust pricing with advance notice.

5. Communication

Pines Endurance may communicate with you through:

- Email
- Training platforms
- Messaging or phone communication

You may opt out of promotional communications at any time.

6. Safety & Risk Acknowledgment

Endurance sports involve risks including, but not limited to:

- Falls or accidents
- Overuse injuries
- Environmental hazards
- Equipment failure

By participating in training, you voluntarily accept these risks and agree to take reasonable precautions for your own safety.

7. Use of Website & Content

All content provided by Pines Endurance — including training plans, articles, graphics, and educational materials — is the intellectual property of Pines Endurance.

You may:

- Use materials for personal training and learning

You may not:

- Reproduce or distribute materials without permission
 - Sell or share coaching plans publicly
 - Misrepresent Pines Endurance services
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8. Photos, Testimonials & User Content

If you share photos, results, or testimonials with Pines Endurance, you grant permission for their use in:

- Website content
- Social media
- Marketing or educational materials

You may request removal of your content at any time.

9. Third-Party Platforms

Pines Endurance may use third-party tools or platforms (such as training apps or payment services). Those platforms have their own terms and privacy policies.

You are responsible for reviewing and agreeing to those terms when using those services.

10. Limitation of Liability

To the fullest extent permitted by law, Pines Endurance is not liable for:

- Injuries sustained during training
- Training outcomes or performance results
- Equipment damage or loss
- Indirect or consequential damages

Participation in training is voluntary and at your own risk.

11. Termination of Services

Either you or Pines Endurance may discontinue services at any time.

Services may be terminated if:

- Payments are not made

- Communication becomes abusive or unsafe
 - Terms of service are violated
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12. Updates to These Terms

These Terms may be updated periodically. Continued use of Pines Endurance services indicates acceptance of the most current version.

13. Governing Law

These Terms are governed by the laws of the United States and the state in which Pines Endurance operates.

14. Contact

For questions regarding these Terms, contact:

Pines Endurance

Head Coach: Clayton Foster

Website: <https://pinesendurance.com>

The Spirit of Pines Endurance

Our mission is simple:

Provide honest coaching, build strong runners, and support a healthy running community.