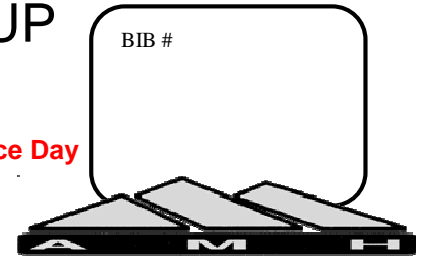




2009-10 AMH ANCHORAGE CUP Registration Form

Due to NSAA, AMH or Skinny Raven by 5PM Friday before Race Day

Late Registration: 10:00 to 11:00 on Race Day
Bib Pick-up: 10:00 to 11:30 on Race Day
Race Start: Noon



First Name		Last Name			
Address		City	State	ZIP	E-mail
Phone ()	Sex (circle one) M F	Age(as of 12/31/09)①	Birthday (MM/DD/YY)①		Class - (circle one) ② very fast, fast, average, slow
Check the box below to compete for your favorite team. Club points are awarded to all team members who compete. <input type="checkbox"/> AP <input type="checkbox"/> AW <input type="checkbox"/> Bartlett <input type="checkbox"/> Chugiak <input type="checkbox"/> Dimond <input type="checkbox"/> East <input type="checkbox"/> Fairbanks <input type="checkbox"/> GNBC <input type="checkbox"/> Homer <input type="checkbox"/> Mat-Su <input type="checkbox"/> OIA <input type="checkbox"/> OS <input type="checkbox"/> Service <input type="checkbox"/> South <input type="checkbox"/> West <input type="checkbox"/> UAA <input type="checkbox"/> Other _____					

① Age groups based on age as of 12/31/09. Groups: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60 & over

② Class is used to determine wave start order for safety. Very fast Class reserved for elite skiers at or above intercollegiate level with men and women starting together in first wave. Overall race winners must be in very fast class. Age group winners can start in any class. Please be realistic!

Waiver - All racers must sign the below waiver before participating in any Anchorage Cup race event.
 I understand the risks and dangers inherent in Nordic skiing and ski racing; I, for myself and my family member, accept and assume all such risks and agree to release and discharge NSAA, Inc., the Municipality of Anchorage, and their respective officers, directors, employees, sponsors, race officials and volunteers from any and all claims based on accidents or injuries, including death, directly or indirectly connected with this NSAA-sponsored activity, including but not limited to claims of negligence on the part of the released parties prior to, during or after the event.

Signature of Parent or Guardian if Racer is under 18 _____ Date _____ Signature of Racer _____ Date _____

PLEASE CIRCLE THE APPROPRIATE REGISTRATION FEE.

Registration Fees Based on age as of 12/31/09 and membership status.	Youth 13 & under	NSAA Members		Great Deal! Join NSAA Today!	Non-Members 14yrs & Up
		Student 14-24 yrs	Adult 25yrs & Up		
Series of 5 races Sign up online and save \$5 (excluding youth) www.AnchorageNordicSki.com	\$15	\$45	\$60		\$85
Individual Race Sign up online and save \$5 (excluding youth) www.AnchorageNordicSki.com	\$5	\$15	\$20		\$30

Circle each race you wish to enter.	Distance(km)? Circle one.	Teammate?	NO REFUNDS Amount Due \$..... Cash Check # Or: Credit Card (Visa or MC only) Number Exp. Date: 3 Digit Code Billing Address & ZIP (if different from above) Signature
Sprint Relay (Dec 6 at Kincaid)	n/a	Teammate:	
Beach Lake Freestyle Flyer (Dec 13 at Chugiak)	Youth 7.5 15	n/a	
Hickok Duathlon (Jan 17 at Kincaid)	Y 5K + 5K	Solo or Teammate?(Name) :	
Pia's Classic (Jan 31 at Kincaid)	Y 5 15 30	n/a	
Sven Johansson (Feb 21 at Kincaid)	Youth 10 30	n/a	

Volunteers are the key to the success of the AMH Anchorage Cup races! Can you help? **Yes!** Please contact me.

Anchorage Cup Points are awarded to all skiers based on their performance in each race. These points determine overall series winners for men and women.