



BIB #

# 2019 Registration Form

Race Day - Sunday, February 3, 2019

10:30am – Duathlon/Freestyle Timed Event ♦ 11:00am – Classic Timed Event ♦ 12:15pm – Party Wave

Name		Age	
Address		City	State Zip
Email address	Phone ( )		Have you done the Alaska Ski For Women before? <input type="checkbox"/> Yes, for ____ years
Form a Team! Team Name (Please be consistent.)		Team Captain (First and Last Name)	

Does your employer participate in matching employee giving?

Yes  No  Unknown Employer:

Which event do you wish to enter? (Register for one event only.)

Party Wave Only  Timed Event (You can still join your friends in the Party Wave.)  Donation Only

Race Category (Timed Event Only)

- Duathlon
- Freestyle/Skate
- Classic

Estimated time to ski 2.4 miles (4km) (Timed Event Only)

- Very Fast (Classic < 20 min; Skate <17min )
- Fast (Classic 20-25 min; Skate 17-21 min)
- Medium Fast (Classic 25-30 min; Skate 21-25min)
- Medium Slow (Classic 30-34 min; Skate 25-30 min)
- Slow (Classic > 35 min; Skate >30 min)

**Waiver - All racers must sign the below waiver before participating.**

**I have read and understand the Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement, and Media Permission (see reverse)**

Signature (Parent or Guardian must sign if Racer is under 18)

Date

**MINIMUM DONATION:**

**\$35 Adult 13+  
\$15 Youth 0-12**

- Please give generously!
- 100% of fees received are donated to support non-profit programs working to stop the cycle of domestic violence against women and children.

**DONATION AMOUNT: \$ \_\_\_\_\_**

Make checks payable to NSAA. We accept Visa, MasterCard, Discover and AMEX.

Credit Card: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp: \_\_\_\_\_ CVV/Code: \_\_\_\_\_

Signature

Address if different from above

**OFFICE USE ONLY:**

Cash  Check# \_\_\_\_\_  Credit Card (last 4 digits) \_\_\_\_\_ Batch #: \_\_\_\_\_ Ref: \_\_\_\_\_

**NORDIC SKIING ASSOCIATION of Anchorage RELEASE AND WAIVER OF LIABILITY  
ASSUMPTION OF RISK and INDEMNITY AGREEMENT ("Agreement") and MEDIA PERMISSION**

In consideration of myself, OR my child, participating in the snow ski related activities, and/or other activities (Activities) offered by Nordic Skiing Association of Anchorage, NSAA, I represent that I, OR my child, **understand the nature of these Activities** and that I am and my child is qualified, in good health and in proper physical condition to participate in such Activities. I acknowledge on behalf of myself, OR my child, that if I, OR my child, believe event/Activity conditions are unsafe, we will **immediately discontinue the Activity**.

It is fully understood that **these activities involve inherent risks and dangers of serious bodily injury**, including permanent disability, paralysis and/or death, which may be caused by my OR my child's own actions or inactions, those of others participating in the Activities, the conditions in which the Activities take place, or the negligence of the releases named below, and that there may be other risks known to me OR my child, or not readily foreseeable at this time; and I, OR my child, **fully accept and assume all such risks and all responsibility for losses, costs and damages** I, OR my child, might incur as a result of my OR my child's participation in the Activities.

I hereby agree for myself and for my child to **release, discharge, indemnify and covenant not to sue NSAA** and its respective administrators, directors, agents, officers, volunteers, and employees, any sponsors, advertisers and, if applicable, owners and lessors of the premises on which the Activities take place (each considered one of the Releasees herein), and **release and discharge them from all liability, claims, demands, losses, or damages** on my account accused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf or on behalf of my child, makes a claim against any of the Releasees, I will indemnify, save and hold harmless each of the Releasees from any loss, liability, damage, or cost which Releasees may incur as the result of such claim.

**I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT**, and understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature, and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law, and agree that if any portion of this agreement/release agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

**INITIAL \_\_\_\_\_**

**Media Permission:** When participating in NSAA events or programs, **myself or my child may be photographed for print, videotape, or electronic imaging**. Images may be used in Nordic Skiing Association of Anchorage event and program promotional materials and other published formats. **The images will be the sole property of the Nordic Skiing Association of Anchorage.**

**INITIAL \_\_\_\_\_**

**Please initial above, and sign and date on reverse.**