



## ORION FALL/WINTER RUNNING CLUB

Dear Parents,

2017

It's that time of year again! Fall/Winter Running Club will begin on Thursday, Sept 14<sup>th</sup> and run from 3:45-5pm every **Tuesday/Thursday** through Dec 9th. We will be running six races this season! Commitment is essential for success, which is why all runners **ARE REQUIRED** to participate throughout the entire season and in all of the races! If your runner cannot attend a race, please let me know in advance.

The cost is **\$80 per student**, which includes ALL student race fees and a race shirt for the Frightening 4K, the Turkey Trot and the Jingle Bell Run. If you are facing financial hardship please contact me for scholarship information, as we do not want the cost to be a barrier to participation.

Please complete **ALL PAGES** of the packet and return it with the \$80 fee enclosed **NO LATER THAN** Friday, September 8<sup>th</sup>. **PLEASE SEND CASH ONLY IN THE EXACT AMOUNT!!!**

Please remind your child to wear clothing that is appropriate for running! Water bottles are encouraged as long as they are marked with your child's name. Parents are welcome and encouraged to run with us!! If you'd like to register additional family members for the races, please see the attached "Additional Runner Fees" page and include the **EXTRA FEES & WAIVERS** with your child's race forms. Please let me know if you have any questions.

Coach White ☺

### FALL & WINTER RUNNING CALENDAR (Mandatory)

**Thursday, Sept 28th:** Beach Lake XC Jamboree @ Chugiak High, 5:30pm  
**Saturday, Oct 7th:** Hit the Trails 5K @ Trailside Elementary, 10am  
**Saturday, Oct 14<sup>th</sup>:** Zombie Run @ Kincaid Park, 12:00 noon  
**Saturday, Oct 28<sup>th</sup>:** Frightening 4K @ Downtown Anchorage, 11:00am  
**Thursday, Nov 23<sup>rd</sup>:** Turkey Trot 5K @ Downtown Anchorage, 11:00am  
**Saturday, Dec 9<sup>th</sup>:** Jingle Bell Run @ UAA, 11:00am

Detach here].....

My child, \_\_\_\_\_ has permission to join running club. I understand he/she must participate in all of the races of the season. I understand I am responsible for picking my child up **promptly at 5pm on practice days**. I understand my child will be participating in physical activity, in which, there are always inherent dangers and that my child will be running along the sidewalks through the adjacent neighborhoods. ***\*Kindergarten students are allowed to participate but MUST have a parent/guardian run with them.***

Parent Signature: \_\_\_\_\_ Cell #: \_\_\_\_\_

Email address: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_



**Beach Lake Area**  
**Cross Country Jamboree**



**Thursday, September 28, 2017**

- 5:25 National Anthem and Welcome
- 5:30 PM – K grade girls and boys
- 5:45 PM – 1<sup>st</sup> and 2<sup>nd</sup> grade girls
- 6:00 PM – 1<sup>st</sup> and 2<sup>nd</sup> grade boys
- 6:15 PM – 3<sup>rd</sup> & 4<sup>th</sup> grade girls
- 6:35 PM – 3<sup>rd</sup> & 4<sup>th</sup> grade boys
- 6:55 PM – 5<sup>th</sup> & 6<sup>th</sup> grade girls
- 7:15 PM – 5<sup>th</sup> & 6<sup>th</sup> grade boys

**Chugiak High School Trails**

Course Walk Through At 5:00 PM

½ mile for K-2<sup>nd</sup> and 1 mile for 3<sup>rd</sup> – 6<sup>th</sup>

Medals for all runners. Parents are encouraged to pre-register at your home school. Volunteers needed. Contact your P.E. teacher for more information.

\*Late registration table open from 4:30 - 6:30PM.

**\*Beach Lake Area Cross Country Running Jamboree\***

Runner's Name \_\_\_\_\_ Male / Female

Runner's School \_\_\_\_\_ Grade \_\_\_\_\_

**Anchorage School District Waiver**

**\*Waiver must be signed by legal guardian to participate\***

I know that running a cross-country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I also know that, although traffic precaution will be in effect, there might be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the conditions of the trails, all such risks being known and appreciated by name. Having read this waiver, and knowing these facts and in consideration of your accepting my entry, I waive, release and discharge the Municipality of Anchorage, the State of Alaska, the Anchorage School District, the Alaska Sports Hall of Fame, Providence Health & Services Alaska, all race officials and volunteers, be they individual or organizations, singly and collectively, and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind of nature whatsoever, foreseen or unforeseen, known or unknown. I also hereby consent and permit emergency treatment in the event of any injury or illness. I grant full permission to organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

**\*\*Signature of Parent/Legal Guardian**

**\*\*Date**



Runner's Name: \_\_\_\_\_

Runner's Age: \_\_\_\_\_ Runner's Gender: \_\_\_\_\_

Address: \_\_\_\_\_

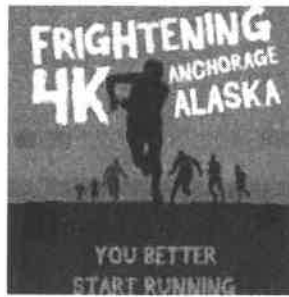
Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director, RunSignUp.com, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

Parent Signature: \_\_\_\_\_

**PLEASE SIGN & RETURN**



## RACE REGISTRATION INFO

Runner's Name: \_\_\_\_\_

Runner's Birthday: \_\_\_\_\_ Runner's Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Runner's T-shirt Size: \_\_\_\_\_

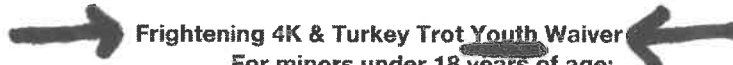
In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

**\*I understand Coach White will be signing my runner up for these races online using the above information.**

Parent Signature: \_\_\_\_\_

## PLEASE SIGN & RETURN

  
**Frightening 4K & Turkey Trot Youth Waiver**  
**For minors under 18 years of age:**

1. I hereby represent that (i) I am the parent or legal guardian of the Minor; (ii) the Minor is in good health and in proper physical condition to participate in the Event; and (iii) the Minor is not under the influence of alcohol or any illicit or prescription drugs which would in any way impair the Minor's ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether the Minor is sufficiently fit and healthy enough to participate in the Event, that I am responsible for the Minor's safety and well being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge the risks and dangers associated with the Minor's participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and will represent an extreme test of the Minor's physical and mental limits. I understand that the Minor's participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizer; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by the Minor's own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and on behalf of the Minor, I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which may be incurred as a result of the Minor's participation in any Event.

5. I give Skinny Raven Sports and Skinny Raven Events and Timing, the absolute right and permission to use a photograph(s) and or video(s) of me in its promotional materials and publicity efforts. I understand that the photographs may be used in a publication, print ad, direct-mail piece, electronic media (e.g. video, CD-ROM, Internet/WWW), or other form of promotion. I release Skinny Raven Sports and Skinny Raven Events and Timing, the photographer, their offices, employees, agents, and designees from liability for any violation of any personal or proprietary right I may have in connection with such use. I am 18 years of age or older.

For and in consideration of USA Track & Field, Inc. ("USA Track & Field") allowing the minor identified below to participate in the USATF sanctioned event described above (the "Event" or "Events"); I, for myself, and on behalf of Minor, and the Minor's parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

3. I understand that the Minor is required to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for the conduct and actions of the Minor while he or she is participating in the Event, and the condition and adequacy of the Minor's equipment.

4. On behalf of the Minor, I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the Event Directors, Organizers and Promoters, Sponsors, Advertisers, Coaches and Officials; the Host Organization and the Facility, Venue and Property Owners or Operators upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to the Minor's participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, the Minor, or anyone on the Minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

5. On behalf of the minor I give Skinny Raven Sports and Skinny Raven Events and Timing, the absolute right and permission to use a photograph(s) and or video(s) of me in its promotional materials and publicity efforts. I understand that the photographs may be used in a publication, print ad, direct-mail piece,

**SIGN ON NEXT PAGE**

electronic media (e.g. video, CD-ROM, Internet/WWW), or other form of promotion. I release Skinny Raven Sports and Skinny Raven Events and Timing, the photographer, their offices, employees, agents, and designees from liability for any violation of any personal or proprietary right I may have in connection with such use.

I hereby warrant that I am of legal age and authorized to enter into this Agreement on behalf of the Minor, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the Minor, the Minor's parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

X \_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

 **Frightening 4K & Turkey Trot ADULT waiver**   
**For adults 18 year or older:**

1. I hereby represent that (i) I am at least eighteen (18) years of age or older; (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sport of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.

3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the Event Directors, Organizers and Promoters, Sponsors, Advertisers, Coaches and Officials; the Host Organization and the Facility, Venue and Property Owners or Operators upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be For and in consideration of USA Track & Field, Inc. ("USA Track & Field") allowing me, the undersigned, to participate in the USA Track & Field sanctioned event described above (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");  
incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

X \_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

**SIGN + RETURN**

## ADDITIONAL RUNNER FEES

**NOTE: This page is only for signing up additional family members if they want to run the races with their Orion student!**  
**PLEASE FILL OUT A SEPARATE WAIVER FOR EVERY PERSON YOU ARE REGISTERING FOR THE RACES!**



**HIT THE TRAILS 5K**  
**\$25 (ADULTS) \$12 (KIDS)**  
**BENEFITS TRAILSIDE ELEMENTARY SCHOOL**

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**XC JAMBOREE & KID'S ZOMBIE 2.5K**  
**(FREE)**

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**FRIGHTENING 4K**  
**\$25 (TEAMS OF 3+)**

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**TURKEY TROT 5K**  
**\$20 (10&UNDER) \$35 (11&OLDER)**  
**BENEFITS THE FOOD BANK OF ALASKA**

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**JINGLE BELL 5K**  
**\$15 (STUDENTS) \$30 (ADULTS)**  
**BENEFITS THE ARTHRITIS FOUNDATION**