



**TEAM ORION
RUNNING CLUB**

SPRING 2018

Dear Parents,

It's that time of year again! Spring Running Club will begin on Tuesday, April 17th and run every Tuesday/Thursday through Thursday, May 17th from 3:45-5pm. Commitment is essential for success, which is why all runners **ARE REQUIRED** to participate in the five 5K races of the spring season! If your child cannot attend one of the races, please let Coach White know in advance.

The cost for spring running club is **\$35 per student**, which includes race fees. Kindergarten students are allowed to participate but must have a parent/guardian run with them. If you are facing financial hardship, please contact Coach White for scholarship information.

Please complete **ALL PAGES** of the registration packet and return them with the \$35 fee enclosed **NO LATER THAN Wednesday, April 11th**.
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. I must have a separate waiver for every runner! Please let me know if you have any questions.

Coach White ☺

SPRING SEASON RACE CALENDAR
(Mandatory)

Sat, April 21st: Alaska Heart Run @ UAA, 10am start
 Sat, April 28th: 80's 5K Fun Run & Dance @ UAA, 12 noon
 Sat, May 5th: Salmon Run @ Inlet View Elementary, 10am start
 Sat, May 12th: Faster Than a Falcon 5K @ Lions Park in Mtn. View, 9:30am start
 Sat, May 19th: Armed Forces Color Run @ JBER, 11am start

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: _____



2018 Alaska Heart Run Registration

Saturday, April 21, 2018 – Start at UAA Alaska Airlines Center
Late Fees: \$5 after March 25th - \$10 after April 15th

First & Last Name _____ **Date of Birth** _____ **Sex** M F

Check the race you are participating in

5K Timed Adult: \$25 5K Timed Child \$10
 5K/3K Untimed Adult: \$20 5K/3K Untimed Child \$5

Purchase Race T-Shirt \$15. Please circle size: Youth S Youth M Youth L Adult S Adult M Adult L Adult XL Adult 2XL

First & Last Name _____ **Date of Birth** _____ **Sex** M F

Check the race you are participating in

5K Timed Adult: \$25 5K Timed Child \$10
 5K/3K Untimed Adult: \$20 5K/3K Untimed Child \$5

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Are you or anyone on your team a heart disease or stroke survivor? Yes (If yes, which?) Heart Disease Stroke Both No

Waiver: In signing this form for myself (or if under 18 years of age, by my parent or legal guardian), I understand and I agree to absolve and hold harmless the American Heart Association (AHA), University of Alaska Anchorage, Alaska Pacific University and all sponsors, be they individuals or organizations, single or collectively, of all blame or any injury, misadventure, harm, loss or inconvenience in any activities associated with the said event. I also fully understand that there will be no refunds granted even if a cancellation of this event occurs. Further, I hereby grant full permission to the AHA and/or its agents to use any photographs, videotapes, motion picture recording or any other record of this event for any legitimate purpose at any time.

I have read and agree to the waiver: (Please Sign)

Signature: _____ Date: _____

Name of parent or guardian if registering a child under 18yrs of age: _____

TOTAL: REGISTRATION FEE + T-Shirt Purchases: \$ _____

Payment: CASH _____ CHECK # _____ Credit Card Payment: Visa Mastercard American Express

Name On Card _____

Credit Card Number _____ Expiration Date _____ CVC Code _____

Billing address: Address: _____ City _____

State _____ Zipcode _____ Email _____

Cell Number _____

80's 5K Fun Run / Walk / Dance

Registration 4.28.18

Fundraiser for Habitat for Humanity and the AE club at UAA.

FOR OFFICE

Name: _____

Bib # _____ Paid: Cash Check Amount: _____

Phone: _____ Email: _____

USE ONLY

Male Female Age: _____

Who to call in case of an emergency: _____ Phone: _____

WAIVER AND RELEASE OF LIABILITY AND ASSUMPTION OF RISK ACKNOWLEDGEMENT 80's Fun Run 5K 4.28.18

DEFINITIONS:

Facilities – The State of Alaska, Municipality of Anchorage, University of Alaska Anchorage.

Indemnitees – The University of Alaska, Municipality of Anchorage, Habitat for Humanity and the AE club @ UAA.

Indemnitor – The individual signing below, and his/her heirs, administrators, executors, and assigns.

The **Indemnitor** hereby releases the **Indemnitees** from any liability for damages from illness, injury and/or death that arises out of, or is connected with, or in any manner relates to, **Indemnitor's** use of the **Facilities** and services provided at the **Facilities**.

Indemnitor represents that:

1. I am 18 years of age or older. If not 18 then I must have my parents or responsible adult sign the form.
2. I am submitting this release, waiver of liability, and assumption of risk declaration voluntarily and of my own free will.
3. I have no physical or emotional problems, nor any history thereof, which will impair my ability to utilize the **Facilities** and its services in a safe manner.
4. I understand and agree that it is my responsibility to assess the hazards presented by my use of the **Facilities** and services of the **Facilities**, and further agree that I am the ultimate judge as to whether I can use the **Facilities** and services without risk of harm to myself.
5. I understand and EXPRESSLY ASSUME all the dangers incident to using the **Facilities** and their services, and hereby RELEASE ALL CLAIMS, including but not limited to, personal injury, property damage or destruction, and death, whether caused by NEGLIGENCE, breach of contract or otherwise, and whether for bodily injury, property damage or loss otherwise, which I may ever have against the **Indemnitees**.
6. My use of the **Facilities** is entirely optional and my own free choice. My use of the **Facilities** is in no way a requirement of the University of Alaska.

Signature: _____ Date: _____

Print Name: _____ Responsible Adult if under 18: _____

Address: _____ Signature: _____

The AE club @ UAA
3890 University Lake Dr
Suite 110i
Anchorage, Alaska 99508



WAIVER

Team leader: please make as many copies of this waiver as you need for your team members. Each team member and/or their parent/guardian must sign the form. A signed form must be turned in for each team member no later than Tuesday, May 1, 2018 from 4:30-6:30 pm at Inlet View Elementary School.

SCHOOL/TEACHER: ORION ELEM. - COACH WHITE

LAST NAME: _____ FIRST NAME/M.I.: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

CONTACT #: _____ DOB: _____ AGE ON 05/05/18: _____

CIRCLE GENDER: M OR F CIRCLE RACE LENGTH: 2K 5K 10K

Inlet View PTA Acknowledgement

The undersigned, as participant, parent or legal guardian of a participant in the Inlet View Salmon Run Running/Walking event sponsored by the Inlet View PTA, 2017-2018 school year, recognize that this event involves physical activities that have risks of injuries associated with participation in this event, including, but not limited to, bodily injury, partial or total disability, paralysis, and death, as well as personal property damage. I, for myself, my child and any other parent of the child, hereby waive and release all liability of the Inlet View PTA, Anchorage School District, the Anchorage School Board and/or their employees, agents and volunteers for any accident or bodily injury, partial or total disability, paralysis, death or personal property damage that might occur from any cause whatsoever as a result of my child's participation in the activities of the Inlet View PTA and further agree not to institute or make demand for any legal action for any injuries arising out of my child's participation in this event. I accept full responsibility for the cost of treatment for any injury suffered while the undersigned named child is taking part in the Inlet View PTA's Salmon Run running/walking event. I understand that the event occurs off school grounds. Examples of areas off school grounds used, but not limited to, are the Downtown city streets and the Tony Knowles Coastal Trail.

Whereas the participant is a minor child, the undersigned parent or legal guardian consents to said minor child participating in this program and authorizes to allow Inlet View PTA to obtain any and all necessary emergency medical treatment for the minor child if reasonable attempts to notify the parent or legal guardian are unsuccessful.

This is an Inlet View PTA event run solely by volunteers.

I HAVE READ AND AGREE TO THIS WAIVER:

Signature of participant or parent/guardian (if participant is under 18 years old) Date

For additional information, please call Kelly Smith at (907) 742-7638 or e-mail at anchoragealmonrunteams@gmail.com

****Please complete a separate waiver for each participant. Thank you.**

The Anchorage School District does not endorse these materials or the viewpoints expressed in them.



**Faster Than a Falcon 5K Run (3.1 miles)
Saturday, May 12, 2018
Anchorage, Alaska
9:30am**

In consideration of the acceptance of my entry, I do hereby acknowledge that I assume all risks resulting there from, and I do hereby, for myself, my heirs, my executors and/or administrators, waive, release, and forever discharge any and all sponsors and organizers, their officers, agents and assigns, the race director and volunteers from any and all liability arising from illness, injuries, or damages I may suffer as a result of my participation in the FASTER THAN A FALCON 5K RUN. I understand that there will be limited traffic control on the course and that I must watch for vehicles at intersections and on the roadway. I acknowledge that I have carefully read this Waiver and Release and fully understand that it is a release of liability. By my signature below I am waiving any right that I may have to bring legal action to assert a claim against the BOYS AND GIRLS CLUB OF ALASKA and all Event sponsors for any negligence.

First & Last Name: _____

Date of Birth: _____ Gender: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____

Parent Signature & Consent to Waiver: _____

TEAM ORION

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!)



\$5 (CHILD) \$20 (ADULT-UNTIMED)

BENEFITS THE AMERICAN HEART ASSOCIATION



FUN RUN

\$10 (KIDS) \$25 (ADULT)

BENEFITS HABITAT FOR HUMANITY



FASTER THAN A FALCON 5K

FREE (KIDS) \$15 (ADULT)

BENEFITS MOUNTAIN VIEW BOYS & GIRLS CLUB



SALMON RUN 5K

\$10 (CHILD) \$35 (*ADULT)

***INCLUDE T-SHIRT SIZE (ADULT FEE ONLY):**

BENEFITS INLET VIEW ELEMENTARY SCHOOL

THE COLOR RUN.

ARMED FORCES COLOR RUN - JBER

(FREE)