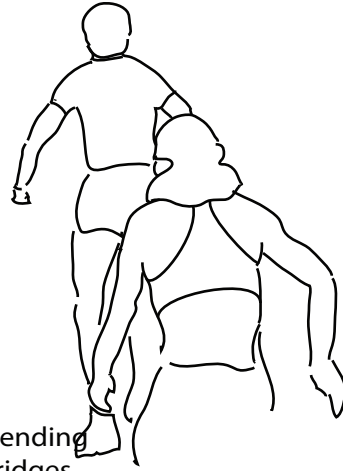


Arctic Valley Trail Run

10:00 AM Sunday July 26, 2009
Arctic Valley Ski Area

AV
Arctic Valley Trail Run



A 6 km loop climbing and descending approximately 1500', over the ridges and trails of Arctic Valley. Juniors may run a 3k loop with approximately 800' of vertical Short timed munchkin run. 9km Elite race begins at 11:00 am

Elite Race \$35

Adults \$35

Juniors*, 16 and under \$15

Munchkins*, 11 and under \$5

For more information:

<http://aeff.uaa.alaska.edu/volz/trailrun>

or

Karl Volz volz@aeff.uaa.alaska.edu

Sign up online !

Arctic Valley Trail Run Registration Form

Name of Participant _____ M _____ F _____ Age _____

Address _____

Phone _____ E-mail _____

Emergency Contact _____

Race: (Please fill out separate form for each participant) 9k Elite _____ 6k _____ 3k _____ munchk _____

Payment: Amount _____ Cash _____ Check No. _____ Visa/MC _____ Exp _____

Make check payable to: Anchorage Ski Club

Waiver and Release

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against the Arctic Valley Trail Run, Anchorage Ski Club, the event sponsors and its affiliates, their agents, employees, officers, directors, successors and assigns, the event organizers, Chugach State Park, their representatives and successors, that may arise as a result of my participation in the race and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and I know of no medical reason I should not participate in this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising.

I, THE UNDERSIGNED, HAVE CAREFULLY READ AND UNDERSTOOD THIS AGREEMENT AND ALL OF ITS TERMS. I UNDERSTAND THAT THIS IS A RELEASE AND INDEMNITY AGREEMENT WHICH MAY PREVENT ME OR ANY OTHER PERSON FROM RECOVERING ANY DAMAGES IN THE EVENT OF DEATH OR ANY INJURY TO THE PARTICIPANT. I, NEVER THE LESS, ENTER INTO THIS AGREEMENT FREELY AND VOLUNTARILY AND AGREE THAT IT IS BINDING UPON ME, MY HEIRS, ASSIGNS AND LEGAL REPRESENTATIVES.

Participant Signature: _____ Date _____

Parent Signature: _____ Date _____

(Required for runners 18 years and younger)