

Bib # _____	Red	Black
Partner Name _____	Partner Bib # _____	
Team Gender and Class: MJ2 MJ MS FJ2 FJ FS		

2009 Team Sprints Roller Ski Race

Sponsored by Alaska Winter Stars

Date: Sunday, July 19, 2009
Place: Cuddy Family Midtown Park
 201 W. 40th Ave; 1 block east of C Street
Time: 12:00 noon (1st Quarter Final)
 11:00am (Registration starts)
Format: Team Sprint Relay – Classic Technique
 (If you don't have a teammate, we'll give you one.)
Course: 1.2 -kilometer loop around new Speed-Skating Oval and Great Loop at Cuddy Park
Entry Fee: \$10 or food or drink to share after the race



First 50 racers to register get a free safety vest!

Helmets Required!!

J1 and Older Racers: Please use CLASSIC roller skis (Marwes if possible)

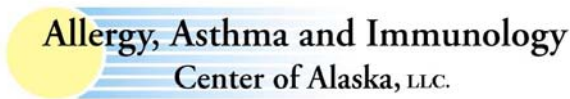
For more info contact Jane @ 334-5603 or 229-3963 or email sauerjane@gmail.com

Name: _____ Gender: M F Year of Birth: _____

Email Address: _____ Teammate: _____

WHO WILL GO OUT FIRST, YOU OR YOUR TEAMMATE???? (CIRCLE ONE)

Club/School/Other Affiliation: _____



WAIVER

I understand the risks and dangers inherent in rollerskiing and rollerski racing. I, for myself, my heirs, representatives, and minor child: (1) accept and assume all such risks; (2) release and discharge the Municipality of Anchorage, Alaska Winter Stars, and their respective officers, directors, owners, employees, agents, sponsors, race officials and volunteers from any and all claims based on accidents or injuries, including death, directly or indirectly connected with this activity; and (3) waive and covenant not to hold any of the above-mentioned parties responsible for any personal or property damage arising out of my, or my minor child's participation in the roller ski race. I hereby authorize emergency medical care by either our family doctor or available physician.

 Signature of Racer Date: _____

 Signature of Parent or Guardian if Racer under age 18 Date: _____