



**North Anchorage Area
Cross Country Running Jamboree**



Friday, October 3rd., 2008

- 5:30 PM.- K- 2nd. grade girls
- 5:50 PM.- K- 2nd. grade boys
- 6:10 PM.- 3rd. & 4th. grade girls
- 6:30 PM.- 3rd. & 4th. grade boys
- 6:50 PM.- 5th. & 6th. grade girls
- 7:10 PM.- 5th. & 6th. grade boys

Bartlett High School Soccer Field and Trails

Course Walk Through at 5:00 PM.

1/2 mile for K-2nd. & 1 mile for 3rd.- 6th.

Medals for all runners. On site registration table open from 4:30-6:30 PM. Coaches are encouraged to pre-register and pick up bibs on Wed., Oct. 1st. from 4:45-6:30 PM. at Baxter Elementary Gym. Volunteers needed- please email: huling-plzak_deb@asdk12.org

****North Anchorage 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 safely complete the run. 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 me. 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 Association for Health, Physical Education, Recreation and Dance, ConocoPhillips, all race officials and volunteers, be they individual or organizations, singly and collectively, and any 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 or nature whatsoever, foreseen or unforeseen, known or unknown. I also hereby consent to 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***