

Multisport Training of Alaska

Name _____ Email _____
Please write in email even if you are on file

Phone _____ Are you currently receiving Multisport emails? YES NO

SWIM (at APU Moseley Sports Center pool), prorated to the end of the current session:

- _____ Tuesdays, 6 – 7 a.m., January 5 – February 2, \$45
- _____ Wednesdays, 10:55 – 11:55 a.m., January 6 – February 3, \$45
- _____ Thursdays, 6 – 7 a.m., January 7 – February 4, \$45
- _____ Fridays, 6:30 – 7:30 p.m., January 8 – February 5, \$45

BIKE (at Multisport Training studio, behind Moose's Tooth):

- _____ Mondays, 11:30 a.m. – 12:30 p.m., January 9 – February 27, \$80
- _____ Wednesdays, 6:30 – 7:30 p.m., January 9 – February 27, \$80
- _____ Saturdays, 8 – 9 a.m., January 9 – February 27, \$80
- _____ Saturdays, 8 – 10 a.m., January 9 – February 27, \$140
- _____ Trainer Rental, \$40

RUN (at the Dome. Cost of run group does not include Dome fees. 10-visit punchcards are \$60 and annual memberships are \$324.96 or \$27.08/month. Purchase at the Dome front desk):

- _____ Tuesdays, 9:15 – 10:15 a.m., January 5 – March 30, \$85
- _____ Tuesdays, 6:30 – 7:30 p.m., January 5 – March 30, \$85

CONDITIONING for MULTISPORT ATHLETES (at Multisport Training studio, behind Moose's Tooth):

- _____ Mondays, 9:30 – 10:30 a.m., January 4 – February 22, \$80
- _____ Mondays, 5:15 – 6:15 p.m., January 4 – February 22, \$80
- _____ Tuesdays, 12 noon – 1 p.m., January 5 – February 23, \$80
- _____ Wednesdays, 9:30 – 10:30 a.m., January 6 – February 24, \$80
- _____ Thursdays, 12 noon – 1 p.m., January 7 – February 25, \$80

PILATES FOR MULTISPORT ATHLETES (at Multisport Training studio, behind Moose's Tooth):

- _____ Wednesdays, 6 – 7 a.m., January 6 – March 3 (no class January 20), \$80

YOGA FOR MULTISPORT ATHLETES (at Multisport Training studio, behind Moose's Tooth):

- _____ Mondays, 6:45 – 7:45 p.m., January 4 – March 1 (no class January 18), \$80

Registration:

Choose the groups you are signing up for, sign the waiver and enclose a check for the full amount made out to "Multisport Training of Alaska" to PO Box 231255, Anchorage, AK, 99523. Any group can be joined at anytime; if the group is already in session it can be prorated. This form can be altered, deleting the groups you are not signing up for so that the waiver and the groups you are attending are on one page. The waiver cannot be altered.

Refund/Credit Policy:

Full refunds will be given if requested 24 hours before the start of the session. Full and/or partial refunds and/or credits will not be given in the case of injury, illness or absence. However, on a space available basis classes can be substituted within the session to make up for missed classes. This includes substituting like classes (ex. conditioning for conditioning) or different classes (ex. conditioning for swimming). Notify Lisa by email if you plan on substituting a class. Full refunds or credits (participant's choice) will be given in case of class cancellation.

Questions? Lisa at 563-5804 or 242-9361 or lisa@gci.net.

RELEASE AGREEMENT

WAIVER: I know that triathlon and other related activities are potentially dangerous. I know that there are environmental, vehicular, human, and other hazards including wild Alaskan animals such as moose and bear that frequent training areas both inside and outside the city limits and may be potentially dangerous. Serious injury, including permanent disability, may occur up to and including death as a result of training or encounters with vehicles, trail/road/track conditions, people, or animals.

I agree that I am responsible for my safety while participating in the activity. I agree to participate in the activity in a safe manner. I know that I should only join Multisport Training of Alaska because I have sufficient skill, training, and judgement to participate safely. I assume all risks associated with these activities.

Having read this waiver and knowing these facts and in consideration of your accepting my application, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge the owners, coaches, administration, other team members, and other parties associated with Multisport Training of Alaska, and any and all sponsors including their agents, employees, assigns, or anyone acting on their behalf, from any and all claim of liability for death, personal injury, or property damages of any kind or nature whatsoever arising out of or in the course of my participation with Multisport Training of Alaska. This waiver extends to all claims of any kind or nature whatsoever, foreseen or unforeseen, known or unknown.

I HAVE READ THIS WAIVER AND RELEASE CAREFULLY AND I AM SIGNING IT VOLUNTARILY.

Name (print) _____ **Signature** _____ **Date** _____