DUATHLON—SKATE/SKI

SPORT PARTICIPANT RELEASE OF LIABILITY, WAIVER OF CLAIMS, AND EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Please read and be certain you understand the implications of signing

I, _____, do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with **SPEEDSKATING AND RELATED ACTIVITIES**, transportation of equipment related to the activities, and traveling to and from activity sites in which I am about to engage. **Inherent hazards and risks include but are not limited to**: (1) Risk of injury from the activity and equipment utilized is significant including the potential for broken bones, severe injuries to the head, neck, and back or other bodily injuries that may result in permanent disability and death; (2) Possible equipment failure and/or malfunction or misuse of my own or others' equipment--I AGREE THAT I WILL WEAR APPROVED PROTECTIVE GEAR AS DECREED BY THE GOVERNING BODY OF THE SPORT I AM PARTICIPATING IN, however, protective gear cannot guarantee the participant's safety, and I further agree that no helmet can protect the wearer against all potential head injuries or prevent injury to the wearer's face, neck or spinal cord; (3) Variation of terrain, variation or changes in surfaces, including but not limited to snow surfaces, ice, bare spots, rocks, debris, trees, fences, posts, light poles, signs, buildings, roads, walkways, ramps, rails, stairs, padded and non-padded barriers, other persons, and other natural and man-made hazards; (4) My own negligence and/or the negligence of others, including but not limited to operator error and decision-making including misjudging terrain, weather, or other obstacles; (5) Exposure to the elements and temperature extremes may result in frost nip, frost bite, heat exhaustion, hypothermia and dehydration; (6) Fatigue, exhaustion, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident; and (7) Impact or collision with other athletes, spectators, coaches, facility employees, pedestrians, or equipment. **I understand the description of these risks is not complete and unknown or unanticipated risks may result in injury, illness or death**.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration for being permitted to participate in the above described activity and related activities**,** I hereby agree, acknowledge and appreciate that:

(1) **I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH,** or loss or damage to person or property, **WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE,** the following named persons or entities, herein referred to as releases: **Alaska Speedskating Club, Municipality of Anchorage, Alaska Mountaineering and Hiking, Alaska Pacific University and Nordic Skiing Association of Anchorage**

(2) To release the releasees, their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise, and by executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of my engaging in the above activities; (3) By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this Agreement; and (4) This agreement shall apply to any and all injury, disability, death, or loss or damage to person or property occurring at any time after the execution of this agreement.

This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, I FULLY UNDERSTAND ITS TERMS, I UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

S/_____ _____ _____

Signature of Adult Participant **Name of Adult Participant (Please Print)** **Date**

FOR PARTICIPANTS OF MINORITY AGE: This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

S/_____ _____

Signature of Parent or adult legal Guardian if Participant is a Minor, and by their signature, they on my behalf release all claims that both they and I have

Name of Parent or adult legal Guardian (Please Print)

_____ _____

Name of Minor (Please Print) **Date**