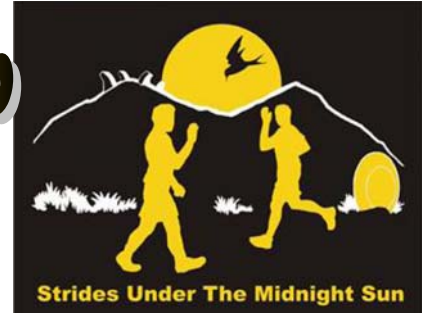


# Midnight Sun BE ACTIVE Club

## June 7 - August 15



Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Guardian's name (If under 18) \_\_\_\_\_

How much activity do you get each week (mins/miles per week)? \_\_\_\_\_

Phone Number \_\_\_\_\_ Address \_\_\_\_\_

Adult Shirt Size \_\_\_\_\_ Adult Sweater/Jacket Size \_\_\_\_\_ Adult Sweatpant Size \_\_\_\_\_

I understand and accept the element of risk of physical injury through participation in the Midnight Sun Athlete's Club program. I further understand there is no medical insurance provided by the Norton Sound Health Corporation or it's employees, volunteers, and sponsors for this summer program. I will assume all risks and I am aware that I shall be responsible for any and all medical costs that may arise from injury through participation in this program as well as any other unforeseen costs that could arise.

**I release Norton Sound Health Corporation from any and all liability, loss, damage, costs, claims or causes of action including but not limited to property damage or bodily injuries that may arise from this activity.**

\_\_\_\_\_  
(Participant or Parent/Guardian signature)

\_\_\_\_\_  
Date

**PUBLICITY RELEASE:** I hereby grant NSHC CAMP the right to use my name/ image/ testimonial in news releases, feature articles, advertisements and promotional efforts.

\_\_\_\_\_  
(Participant or Parent/Guardian signature)

\_\_\_\_\_  
Date



**Return to NSHC CAMP office (Lutheran Church, first floor)**  
**Questions: Call 443-3365**



### **MIDNIGHT SUN ATHLETE CLUB RULES**

1. You must be active at least 30 mins, 4 days/wk. We encourage:
  - Swim at least 3 miles a week (lap swim, water aerobics – see pool schedule) and/or
  - Walk/hike at least 6 miles a week and/or
  - Run at least 6 miles a week and/or
  - Bike at least 12 miles a week
 ★ The goal is to be active several times a week and you may combine activities.
2. You may do activities on your own time.
3. If doing an activity independent of the groups and under 18 years, must get parent or responsible adult to sign for each session on log sheet.

4. Must sign up ahead of time and log all sessions on the provided log sheet.
5. Only one activity session per day.
6. Must run/walk/bike at least one of these 3 races:
  - ❖ Midnight Sun Gold Dust Dash June 19 at 8am
  - ❖ 4<sup>th</sup> of July Anvil Mountain Run
  - ❖ Wyatt Earp Dexter Challenge July 31 at 10am

**Midnight Sun Running Group meets** Mon, Weds, Thurs (1-4 miles) 5:30pm @ Nome Recreation Center  
**Midnight Sun Walking Group** meets Mon, Weds, Fri 5:30pm @ the CAMP office