



# I-did-a-ROW-athon 2020

## Minor Child release

Kenai Crewsers I-did-a-ROW-athon team event. March 20<sup>th</sup> and 21<sup>st</sup>

*Apex Gym/CrossFit Seward 12943 Seward Hwy—Seward—Alaska—99664*

Come row the Iditarod to Shageluk leg of the Iditarod race with us. Each team of 5 will have to row a total of 53 miles (that's 85,000 meters!) Rowers will have to switch off every 1000 meters. We will start Friday night then take a mandatory overnight rest, then finish on Saturday.

*Training will be provided on Friday from 5– 6 pm for those that have not rowed before.*

Minor Participant Name: \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

Emergency contact Name: \_\_\_\_\_

Emergency contact Phone: \_\_\_\_\_

In consideration of your acceptance of this race entry, I as Parent or Legal Guardian of the above named minor child, do release and discharge any and all rights, demands, claims for damages and causes of suit or action, any and all participating race sponsors employees, and agents of such parties for any and all injuries in any manner arising or resulting from participation in said race. I attest and verify that I have full knowledge of the risks involved in the race, that I assume those risks, that I will assume and pay my child's medical and emergency expenses in the event of an accident, illness or other capacity regardless of whether I have authorized such expenses, and that my child is physically fit and has no known medical conditions which prohibit participation in this event. I hereby authorize the directors of Kenai Crewsers Rowing Club to act for me according to their best judgment in any emergency requiring medical attention to my son/daughter. I have read and fully understand all the information covered in the rules.

I hereby give consent to allow photographs of said minor. I understand the pictures may be used by Kenai Crewsers.

Signature: Parent or Legal Guardian

\_\_\_\_\_ Date \_\_\_\_\_