



Chinook Running Club 2025



Welcome 1st-5th Grade Cross Country Running Families,

I'm excited to work with this year's runners. I'm always looking for **volunteers** so please reach out if you are interested. Please read the expectations below with your child before signing up. The contact info gets returned with the permission slip. Inappropriate or unsafe behavior results in dismissal from the program.

Details:

Who: 1st-5th grade Boys/Girls

Where: Chinook Gym, Playground, and running trails adjacent to Chinook

When: Monday and Wednesdays from 2:30-3:30 starting Monday August 25th (8/25, 8/27, 9/3, 9/8, 9/10)

South Side Jamboree Event is scheduled for 9/11. I will let families know ASAP when the details are finalized.

Expectations (Please read with your child):

After school activities are a great way for me to get exercise, have fun, meet new friends, learn to be a teammate, and learn to be coachable. Here are some things I can do to help Coach Saltzman coach me:

- ☐ I can be a great listener during huddle time
- ☐ I can work hard at practice so I can get stronger
- ☐ I can encourage and be positive with all my teammates
- ☐ I can be cool if I make a mistake because we all make mistakes
- ☐ I can come to practice ready to roll with my best shoes on or a great pair of loaner shoes

Student Name: _____

****Please be prompt for pickup at 3:30****

Primary Pickup:

Name (please print): _____

Phone: _____

Secondary Pickup:

Name (please print): _____

Phone: _____

- ☐ **My child walks (please still fill out one contact number above)**
- ☐ **I'm interested in helping/coaching please call me**

Questions? contact Coach Saltzman, saltzman_lucas@asdk12.org , (907) 742-6720

You only need to sign and return the bottom portion of this form and the second page



**ANCHORAGE SCHOOL DISTRICT
AFTER SCHOOL RUNNING CLUB
Acknowledgement of Risks, Assumption of Risk and Responsibility,
and Release of Liability ("Agreement")**

I, _____, certify that I am the parent or legal guardian of minor child _____ (the "Participant"). I request that the Participant be given the opportunity to participate in the _____ (School Name) Running Club (Running Club). Permission is hereby given for the Participant to participate. In consideration of the benefits and opportunities afforded the Participant by participating, I, on behalf of myself and the Participant, state and unconditionally agree as follows:

1. References to the Anchorage School District (the "District") include the District, its past, present, and/or future board members, administrators, officers, employees, volunteers, parents, students, agents, attorneys, insurers, reinsurers, representatives, designees, and assigns.

2. I understand that participation in the Running Club involves certain risks and dangers inherent with running programs on trails, pathways & through wooded areas. These inherent risks include (without limitation) changing weather conditions; existing and changing snow/ice/mud conditions; uneven ground and/or trail surfaces; potential exposure to wild life including moose and bear, insect bites; bare spots; rocks; exposed roots, stumps and trees; collisions with these natural objects and with man-made objects, or other runner or pedestrians on the trails; variations in terrain; the negligence of the Participant; and the negligence of others, including drivers of vehicles near the trails and in cross walks. These inherent risks may result in fatigue; injury; significant injury/disability; and even death. I have made my own investigation of the risks of participation in the Running Club as the parent or legal guardian of the Participant and on behalf of the Participant, and I understand these risks and assume them willingly on behalf of myself, the Participant, and each and every one of our heirs, representatives, executors, administrators, and assigns.

3. **ON BEHALF OF MYSELF, THE PARTICIPANT, AND EACH AND EVERY ONE OF OUR HEIRS, REPRESENTATIVES, EXECUTORS, ADMINISTRATORS, AND ASSIGNS, I UNEQUIVOCALLY ASSUME ALL RISKS RELATED TO PARTICIPATING IN THE ENDURANCE RUNNING TEAM, INCLUDING BUT NOT LIMITED TO THE RISKS IDENTIFIED IN SECTION 2, ABOVE, THAT MAY ARISE OUT OF OR PERTAIN TO THE PARTICIPANT'S PARTICIPATION IN THE RUNNING CLUB.**

4. Throughout the duration, I hereby grant permission to the District and any chaperones to authorize and consent to any emergency medical treatment, procedure, or provision of medication or medical assistance of any kind for the Participant, and I agree that such action shall be subject to the terms of this Agreement. I hereby authorize any provider of medical services to rely on this consent.

5. **ON BEHALF OF MYSELF, THE PARTICIPANT, AND EACH AND EVERY ONE OF OUR HEIRS, REPRESENTATIVES, EXECUTORS, ADMINISTRATORS, AND ASSIGNS, TO THE FULLEST EXTENT PERMITTED BY LAW, AGREE TO FOREVER RELEASE, INDEMNIFY, AND HOLD THE DISTRICT HARMLESS FROM ANY CLAIMS OR CAUSES OF ACTION (WHETHER SOUNDING IN TORT [NEGLIGENCE, NEGLIGENT HIRING/TRAINING/SUPERVISION, WRONGFUL DEATH, OR OTHERWISE], CONTRACT, WARRANTY, STATUTORY LIABILITY, STRICT LIABILITY, OR OTHERWISE), DEMANDS, OR EXPENSES (INCLUDING, BUT NOT LIMITED TO, ATTORNEY'S FEES AND COSTS) OF ANY KIND OR NATURE WHATSOEVER THAT IN ANY WAY ARISE OUT OF, RESULT FROM, OR PERTAIN TO THE PARTICIPANT'S PARTICIPATION IN THE RUNNING CLUB.**

6. Should the District, or anyone acting on its behalf, incur attorney's fees and/or costs to enforce the terms of this Agreement, or to defend any claims brought by myself and/or the Participant, I hereby agree to indemnify and hold the District harmless for (in other words, I agree to pay for) any and all such attorney's fees and/or costs.

Warning: This Agreement is a binding contract that prevents you, the Participant, and your collective heirs, representatives, executors, administrators, and assigns from bringing any lawsuit against the District arising out of or pertaining to the Participant's participation in the Endurance Running Team, including but not limited to any negligence claims. This document affects your substantial legal rights and remedies. Please read it carefully before proceeding.

FULLY UNDERSTANDING ALL OF THE ABOVE, AND WITH REASONABLE TIME TO SEEK ASSISTANCE IN UNDERSTANDING THIS AGREEMENT, I UNEQUIVOCALLY AGREE TO THE TERMS OF THIS AGREEMENT.

Signature of Parent or Legal Guardian: _____

Date: _____

Printed Name of Parent or Legal Guardian: _____

Phone: _____