



## Annual Release and Indemnity Agreement

I, (print name) \_\_\_\_\_ hereby state that I wish to participate in courses and/or activities offered by The Mountaineers, a non-profit corporation. I recognize any outdoors activity may involve certain dangers, including but not limited to the hazards of traveling in mountainous terrain, accidents or illness in remote places, force of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its assets and its leaders, The Mountaineers would not be able to offer its courses and activities.

In consideration of and as part payment for the right to participate in the activities offered by The Mountaineers, I agree to RELEASE, HOLD HARMLESS AND INDEMNIFY The Mountaineers and its members from any and all liability, claims and causes of action arising out of or in any way connected with my participation, or the participation of any minor that I am signing on behalf of, in any activities offered by The Mountaineers. I personally assume all risks in connection with these activities. If I am signing on behalf of a minor, I further agree to HOLD HARMLESS AND INDEMNIFY The Mountaineers and its members from all liability, claims and causes of action which the minor may have arising from the minor's participation in activities. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representative, and for all members of my family, including any minors. (Parents or legal guardians must sign for all persons under eighteen (18) years of age.)

I have read this release and indemnity agreement and have fully informed myself of its contents before I have signed it.

\_\_\_\_\_  
Signature of Participant

Date

\_\_\_\_\_  
Signature of Parent or Guardian If Participant Is Under 18 Years Of Age

Date

Please submit a separate, signed Release and Indemnity Agreement for each individual, including all children. This form may be photocopied, or you may obtain additional membership forms at: <http://www.mountaineers.org/join> or by calling Member Services at (206) 284-8484.

 **The Mountaineers**  
**Everett Branch**  
[www.everettmountaineers.org](http://www.everettmountaineers.org)

*Learn how to*  
**Nordic  
Ski**



*With the*  
**Everett  
Mountaineers**

# NORDIC SKI COURSE 2011

The Everett Branch of the Mountaineers offers a Nordic (Cross-Country) Ski Course in January 2011. The course is designed for the beginning student but more experienced skiers are also welcome to join us to brush up on technique and make new friends and skiing partners. Our goals are to focus on the fundamentals, ski safely and have fun. Come join us in the snow!

**WHEN:** Classes will be on three Thursday nights (January 6, 13, and 20) from 6:30 - 9 p.m. The field trips will be on three Saturdays - January 15, 22 and 29.

**WHO:** The Nordic Course is open to both Mountaineers members and the general public.



**WHERE:** Classes are held at the Snohomish County PUD, 2320 California St. in Everett. Field trips will be at Lake Wenatchee St. Park, Stevens Pass Nordic Center, and Tonga Ridge (or other off-trail location).

**COSTS:** \$75 for members, \$95 for non-members. Students are responsible for providing their own equipment, paying their fair share of car-pool expenses, and sharing the cost of a SNO-PARK permit at the Lake Wenatchee State Park (approx. \$10). The course fee includes the trail pass for the field trip at Stevens Pass.

**ENROLL:** You may enroll by mail using the attached registration form (at right) or by visiting [www.mountaineers.org](http://www.mountaineers.org).



**QUESTIONS:** Check our website: [www.everettmountaineers.org](http://www.everettmountaineers.org) and/or contact the Course Coordinators: Carrie Strandell, [cwstrandell@gmail.com](mailto:cwstrandell@gmail.com), (360) 420-2114; David Bliss, (425) 870-0722.



## Everett Nordic Ski Course Registration Form

Name: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Phone: (     ) \_\_\_\_\_

E-mail: \_\_\_\_\_

\$75 Member \_\_\_\_\_ \$95 Non-member \_\_\_\_\_

Member ID (if known): \_\_\_\_\_

Payment type (circle one):     Check     Visa/MC

Credit Card #: \_\_\_\_\_

Signature: \_\_\_\_\_ Exp: \_\_\_\_/\_\_\_\_

**Make checks and mail to:**  
The Mountaineers  
7700 Sand Point Way NE  
Seattle, WA 98115