

Grand Mesa Nordic Council

www.gmnc.org

Welcome to the Womens' 4-week Ski Clinic Series

First Series: Feb 3 - 24, four consecutive Fridays 11:00 AM – 12:30 PM

Second Series: Feb Mar 2 - 23, 4 consecutive Fridays 11:00 AM – 12:30 PM

Ski clinics will begin promptly at 11:00 am at the County Line x-c ski trailhead, located on Highway 65 on the Grand Mesa. Please be ready to ski with boots, poles and skis, and dressed in appropriate clothing (layers) along with a small pack for carrying water, snacks and ski wax if needed.

2012 GMNC Womens' Ski Clinic Registration Form

Last Name

First Name

___ First Clinic Series: Feb 3, 10, 17 & 24

___ Second Clinic Series: Mar 2, 9, 16 & 23

Ski Technique ___ Classic ___ Skate

Current Skill Level ___ First time skier ___ Beginner ___ Intermediate ___ Advanced

Best Method of Contact:

E-mail _____

Home Phone _____ Cell Phone _____

Other _____

Age _____ GMNC Member ? ___ Yes ___ No

Clinic Series Fee - GMNC Members: \$85 Non Members: \$100

Please make checks payable to GMNC

Mail complete registration form, SIGNED waiver and check to: Callie West, PO Box 1532, Paonia, CO 81428

Questions? Contact Callie West at ybtcallie@aol.com or phone (970) 527-2004

GRAND MESA NORDIC COUNCIL

ACKNOWLEDGMENT OF RISK PARTICIPANT'S RELEASE OF LIABILITY AND INDEMNITY AGREEMENT 2011-2012 Ski Season

PLEASE READ CAREFULLY BEFORE SIGNING. THIS IS AN ACKNOWLEDGMENT OF RISK AND A RELEASE OF CERTAIN CLAIMS AND A WAIVER OF CERTAIN LEGAL RIGHTS.

ĪPARTICIPANTÓ means the undersigned signing on behalf of him/herself. ĪGMNCÓ means the Grand Mesa Nordic Council.

PARTICIPANT UNDERSTANDS AND ACKNOWLEDGES THAT SKIING AND PARTICIPATING IN VARIOUS PROGRAMS AND RELATED ACTIVITIES OF THE GMNC, INCLUDING BUT NOT LIMITED TO SKIING, TRAINING, COMPETITION, WORKING WITH COURSE-RELATED EQUIPMENT, DRY-LAND TRAINING, AND THE USE OF SKI TRAILS AND FACILITIES CAN BE **HAZARDOUS, DANGEROUS, AND INVOLVE A RISK OF PHYSICAL INJURY OR DEATH.**

PARTICIPANT UNDERSTANDS AND ACKNOWLEDGES THAT THE PARTICIPANT ASSUMES THE RISK OF ANY INJURY RESULTING FROM ANY OF THE INHERENT DANGERS AND RISKS OF SKIING AND SKI TRAINING.

PROVIDING MEDICAL INSURANCE

Participant warrants and represents that he/she is in good health and there are no special instructions regarding the Participant which have not been listed on the registration form. Participant acknowledges and agree that the Participant has the physical dexterity and knowledge to safely participate in GMNC activities. The undersigned Participant understands that this is his/her sole responsibility, and **RELEASES** GMNC from any claim and/or responsibility for providing such coverage for the Participant.

MEDICAL CARE, TRANSPORTATION

Participant authorizes GMNC and their authorized personnel to obtain medical care for the Participant or to transport the Participant to a medical facility or hospital if, in the opinion of such personnel, medical attention is needed. Participant agrees that upon the Participant's transport to any such medical facility or hospital, that GMNC shall not have any further responsibility to the undersigned Participant. Further, the Participant agrees to pay all costs associated with such medical care and related transportation provided for the Participant and agrees to indemnify and hold harmless the GMNC from any costs or claims arising from such medical care and related transportation.

RELEASE OF PARTICIPANT'S RIGHTS

The undersigned Participant **HEREBY COMPLETELY RELEASES AND HOLDS HARMLESS** the GMNC and the United States Forest Service, and their subsidiaries, representatives, agents, affiliates, officers, directors, parent companies, servants, employees and volunteers (collectively, the ĪReleased PartiesÓ) from **ANY AND ALL CLAIMS OF ANY NATURE OR ANY KIND FOR INJURY, OR DEATH** to Participant or Participant's property that may be sustained in connection with any GMNC Activity, **INCLUDING ANY INJURY, DEATH OR DAMAGE THAT RESULTS FROM NEGLIGENCE** of the Released Parties. The undersigned Participant understands that if Participant is injured or killed, or property of Participant is damaged in connection with any GMNC Activity, that Participant has no right to make a claim or file a lawsuit against any of the Released Parties, in accordance with CRS fl 13-22-107. The undersigned Participant further **AGREES TO DEFEND AND INDEMNIFY AND HOLD HARMLESS** the Released Parties from any and all claims brought by third parties which arise in whole or in part from the Participant's participation in any GMNC Activity.

Media Release

Participant agrees that Participant's image or representation may be used by GMNC for use on the website of GMNC as well as for use on advertising brochures by GMNC.

Rules

