

Multisport Training of Alaska Spring and Summer 2024 Training Groups

Name _____ Email _____
Please write in email even if you are receiving MST emails.

Phone _____ Are you currently receiving Multisport emails? YES NO

There is no walk-in registration for any swim or run group. To start a group, you must be registered and paid at least 24 hours before the first day you attend. If groups do not meet a minimum number of paid participants 5 days before the first day and time of the session, the group will be cancelled, and your fee will be refunded, or a credit will be given for future classes.

SWIM Training Groups (APU Moseley Sports Center Pool)

- Tuesdays, April 23 – May 28, 6 – 7 a.m., \$81
- Wednesdays, April 24 – May 29, 9:30 – 10:30 a.m., \$81
- Thursdays, April 25 – May 30, 6 – 7 a.m., \$81
- Fridays, April 26 – May 31, 6:30 – 7:30 p.m., \$81

Summer Swim Groups (APU Moseley Sports Center Pool)

- Tuesdays, June 4 – August 6, 6 – 7 a.m., \$135
- Wednesdays, June 5 – August 7, 8:30 – 9:30 a.m., \$135
- Wednesdays, June 5 – August 7, 6:30 – 7:30 p.m., \$135
- Thursdays, June 6 – August 8 (except July 4), 6 – 7 a.m., \$121

RUN Training Groups (various locations, mostly at APU)

- Tuesdays, now to May 28, 6 – 7 p.m., \$63

Summer Run Group (Location TBD)

- Tuesdays, June 4 – August 6, 6:30 – 7:30 p.m., \$90

Registration and Payment:

This registration form must be filled out and emailed back to lisa@multisportak.com .

Check box next to payment method used. **CASH AND CHECKS ARE NOT ACCEPTED.**

- Venmo @MultisportTrainingofAlaska



Deposit or transfer to Credit Union 1: Lisa Keller dba Multisport Training of Alaska (when searching use AK)

CREDIT UNION 1 MEMBERS: If you are a CU1 member making a transfer, you can add Multisport as a regular account that shows up automatically when you initiate a transfer. From the dropdown menu, go to “Move Money” and choose “Transfers.” Then choose “More Actions” and “Add Account” will appear. When searching for the account name, use Multisport Training of AK (not “Alaska”). Be sure to attach your name to the transfer or it won’t be properly credited when it is received. If you are making a deposit over the counter use account #520267 S88. Please email me and let me know when you do a deposit over the counter as CU1 does not attach your name to your deposit even if you are a member.

NOT A CREDIT UNION 1 MEMBER: Check to see if your bank or credit union has an electronic bill pay option and set up Multisport using CU1 routing number 325272063. The Multisport Training of Alaska 10-digit account number is 6080520267. You can also make a deposit over the counter or drive through. If you are making a deposit over the counter use account #520267 S88. Please email me and let me know when you do a deposit over the counter as CU1 does not attach your name to your deposit.

Refund/Credit Policy:

Full refunds (minus transaction fees) will be given if requested 5 days before the start of the session. Once the session has started, full and/or partial refunds and/or credits will not be given in the case of injury or illness (including Covid-19 exposure or illness), group cancellation due to Covid-19 exposure, coach illness or quarantine due to Covid-19, facility closures, inclement weather and/or absence. You can make up a missed class by coming to any other training group; make-ups must be done in the session of the missed class and cannot be carried over to future sessions. Full refunds or credits will be given if an entire session is cancelled (reverting to email workouts is not a cancellation).

Questions? Email lisa@multisportak.com

RELEASE AGREEMENT

WAIVER: I know that triathlon, swimming, biking, running and other related activities are potentially dangerous. I know that there are environmental, vehicular, human, facility and other hazards including wild Alaskan animals such as moose and bear that frequent training areas both inside and outside the city limits and may be potentially dangerous. Serious injury, including permanent disability, may occur up to and including death as a result of training or encounters with vehicles, trail/road/track conditions, facility equipment and/or conditions, people, or animals.

I agree that I am responsible for my safety while participating in the activity. I agree to participate in the activity in a safe manner. I know that I should only join Multisport Training of Alaska because I have sufficient skill, training, and judgement to participate safely. I assume all risks associated with these activities.

Having read this waiver and knowing these facts and in consideration of your accepting my application, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge the owners, coaches, administration, other team members, and other parties associated with Multisport Training of Alaska, including Alaska Pacific University, and any and all sponsors including their agents, employees, assigns, or anyone acting on their behalf, from any and all claim of liability for death, personal injury, or property damages of any kind or nature whatsoever arising out of or in the course of my participation with Multisport Training of Alaska. This waiver extends to all claims of any kind or nature whatsoever, foreseen or unforeseen, known or unknown.

I HAVE READ THIS WAIVER AND RELEASE CAREFULLY AND I AM SIGNING IT VOLUNTARILY.

Name (print) _____

Signature _____ **Date** _____