



2010 Adventure Registration Form

To reserve your **OUT IN ALASKA** Adventure, please complete this form, print, sign and mail it, along with your \$500 deposit, to:

Out In Alaska, P.O. Box 82096, Fairbanks, AK 99708

OUT IN ALASKA

- Trip | Date:**
- T4:** Denali and Kenai Fjords Spring Wildlife Tour, May 24 – 31
 - C1:** Spring Glacier Discovery Cruise, May 30 – June 6
 - T5:** Arctic Refuge Midnight Sun Backpack Adventure, June 6 – 12
 - T7:** Copper River Rafting Adventure, July 4 – 10
 - T8:** Guides Choice Shangri-La Adventure, July 15 - 22
 - T10:** Denali Multi-Sport, July 24 – August 1
 - T10a:** Kenai Fjords Kayak Trip, July 24 - 28
 - T10b:** Denali Backpack Adventure, July 28 - August 1
 - T11:** Spell of the Yukon Wilderness Rafting, August 7 - 15
 - C3:** Glacier Discovery Cruise, August 15 - 22
 - T12:** Alaska Adventure Tour, August 22 - 29
 - T14:** Denali and Kenai Fjords Fall Aurora Tour, September 5 - 12
 - C4:** Fall Glacier Discovery Cruise, September 12 - 19

Name: _____

Address: _____

Home phone: _____

Work phone: _____

Cell phone: _____

Email: _____

Age: _____

Room Type: Share Single (extra charge)

Please tell us a little about yourself:

Smoker? Yes No

My idea of roughing it: No Room Service A remote, rustic cabin Tent camping

My approximate physical activity level

Please circle one number (from 1 to 8) that best represents your current physical activity level

- A. I don't participate regularly in programmed recreation, sport, or physical activity:
1. Avoid walking or exertion—e.g., always use elevator, drive whenever possible instead of walking).
 2. Walk for pleasure, routinely use stairs, and occasionally exercise sufficiently to cause heavy breathing or perspiration.
- B. I participate regularly in recreation or work requiring modest physical activity, such as golf, horseback riding, calisthenics, gymnastics, table tennis, bowling, weight lifting, or yard work:
3. 10-60 minutes per week
 4. Over one hour per week
- C. I participate regularly in heavy physical exercise (such as running or jogging, swimming, cycling, rowing, skipping rope, running in place) or engage in vigorous aerobic activity (such as tennis, basketball, or handball).
5. Run less than one mile per week or spend less than 30 minutes per week in comparable physical activity.
 6. Run 1 to 5 miles per week or spend 30-60 minutes per week in comparable physical activity.
 7. Run 5-10 miles per week or spend 1-3 hours per week in comparable physical activity.
 8. Run over 10 miles per week or spend over 3 hours per week in comparable physical activity.

Do you have any Health Issues, allergies, or limitations? Please list.

Dietary considerations?

Where did you hear about Out in Alaska?

I have read Out in Alaska's terms of service and refund policy. I am ready!

Signed: _____ Date: _____