



OUT IN ALASKA

2008 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.

- Trip | Date:**
- TRIP 1:** Iditarod and Hot Springs Adventure, February 28 – March 7
 - TRIP 2:** Winter Wonderland Tour, March 14–19
 - TRIP 3:** Denali and Kenai Fjords Spring Wildlife Tour, May 24–31
 - TRIP 4:** Alaska Exploration Cruise, June 5–11
 - TRIP 5:** Arctic Refuge Midnight Sun Backpacking Adventure, June 14–20
 - TRIP 6:** Copper River Raft Expedition, July 16–24
 - TRIP 7:** Bear Lovers Katmai Adventure, July 26–31
 - TRIP 8:** Alaska Essentials 'Quickie' Tour, August 2–7
 - TRIP 9:** Guide's Choice Multi-Sport Adventure, August 9–18
 - TRIP 9a:** Guide's Choice Kenai Fjords Kayak Adventure, August 9–13
 - TRIP 9b:** Guide's Choice Denali Backpacking Adventure, August 13–18
 - TRIP 10:** Spell of the Yukon Rafting Expedition, August 23–31
 - TRIP 11:** Denali and Kenai Fjords Fall Aurora & Wildlife Tour, September 6–13

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 the number 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 type 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: _____