

By signing the below, you agree, warrant and covenant as follows:

In consideration of your acceptance of this race entry, I for myself, release and discharge any and all rights, demands, claims for damages and causes of suit or action, any and all participating race sponsors employees, and agents of such parties for any and all injuries in any manner arising or resulting from participation in said race. I attest and verify that I have full knowledge of the risks involved in the race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other capacity regardless of whether I have authorized such expenses, and that I am physically fit to participate in this race. I have read and fully understand all the information covered in the rules.

Registration

Name _____

Address _____

Phone _____

Email _____

Team name _____

Entrance Fee \$100 Team of 4
 \$25 Individuals

Signature _____

"Idita Rez Regatta" Hours

Friday, March 12th	6:00 PM - 9:00 PM
Saturday, March 13th	9:00 AM - 9:00 PM
Sunday, March 14th	9:00 AM - 9:00 PM
Monday, March 15th	6:00 AM - 12:00 PM



"Inspiring the athlete in everyone!"

Resurrection BodyWorks
P.O. Box 456
231 5th Ave
Seward, AK 99664
(907) 224-6506
rezbodyworks@gmail.com
www.rezseward.com



"Idita Rez Regatta"



Kicking off on
MARCH 12, 2010

TAKE UP THE CHALLENGE!

Resurrection BodyWorks is once again sponsoring its annual fund raising event for the Kenai Crewsers Rowing Club. The “**IditaRez Regatta**” is a distance event where everyone wins!

This year is different than the “Iditarow” of the past! Participants will **not** be limited to a rowing machine, a location or by time. Individuals or Teams of 4 are invited to log as many miles as possible between March 12 and March 15. You can clock miles swimming, on a treadmill, stairclimber, crosstrainer, indoor cycle or rowing machine. You can put in as much time in a day as you want (following the house rules of the location). We celebrate both team and individual accomplishments; but the **real** race is between us, the participants collectively, and the Iditarod dog teams. We will total miles clocked and track our daily progress against the leading Iditarod dog team at IditaRez Regatta headquarters, Resurrection Bodyworks. We will be tracking distances on our Iditarod map as well as posting team standings through out the event.

The “IditaRez Regatta” begins on Friday, March 12th at 6pm and will end Monday March 15th at Noon. The awards ceremony will follow immediately at 12:15 at the **REZ**.

You **DO NOT** need to be a member of the **REZ** to participate! Join us for the fun of the race and for a great opportunity to power-up your strength and endurance level for spring activities. If you aren’t ready to commit as a team member, sponsor a team and collect \$100 in pledges for them. You will be supporting our community rowing team. **All entrance fees and pledges are a donation to the Kenai Crewsers Rowing Club equipment fund. KCRC is a 501(c)(3) non-profit organization.**

CALL 224-6506



**Kenai Crewsers Rowing Club at
Petaluma, CA**

HOW IT WORKS

- Individuals or Teams of 4 Decide on your Team name prior to registration.
- Entrance fee: \$100 for teams of 4, \$25 for individuals. **Make checks payable to Kenai Crewsers Rowing Club (KCRC)**
- Fill out and return registration form with entrance fees by March 10, 2010 to:

Resurrection BodyWorks
P.O. Box 456
231 5th Avenue
Seward, AK 99664-0456

- We want everyone, if possible, to attend the ‘RULES AND REGULATIONS’ meeting being held at the **REZ** on March 12th at 5:30 just prior to the kickoff.
- We will have 11 cardio pieces (sleds) for you to choose from. According to house rules, there is a 30 minute limit on each piece but you can switch to another sled and continue clocking up the miles!
- This year you may participate at one of our satellite checkpoints. Go to rezseward.com for info.
- A daily Trail Log will be issued and using the Honor System, participants will be responsible for maintaining their own stats and turning the Trail Log in for computer recording at the end of each session.
- Resurrection BodyWorks staff will log each entrants distance and post data.
- Individual and team statistics will be posted on the Resurrection BodyWorks website www.rezseward.com daily throughout the IditaRez. Feed your competitive side by logging in daily and checking our progress compared to the dogs!

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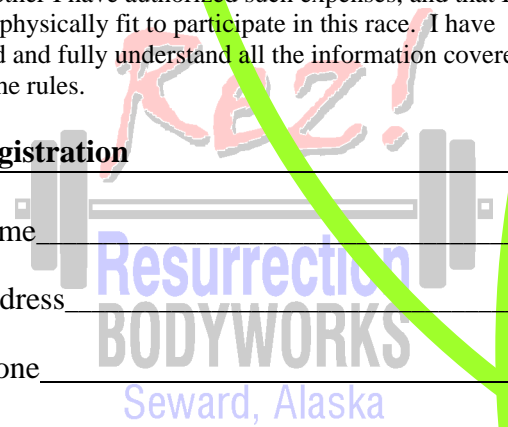
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Address _____

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Team name _____

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**COMPLETE REGISTRATION FORM AND SUBMIT TO
RESURRECTION BODYWORKS BY WEDNESDAY, MARCH 10, 2010.
WEDNESDAY HOURS AT THE GYM 6:00AM – 8:00PM**