Let me start by thanking you for your willingness to be a "CRNA friend". We are excited to have our Friends help grow the impact & outreach of CRNA as well as offer an active nordic center at Capital Hills for our target populations and general public.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip code: \_\_\_\_\_\_\_\_\_\_ Veteran (Y/N): \_\_\_\_\_\_

Please mark which of our sports you are interested in or would like to learn more about?

* Cross country skiiing
* Orienteering
* Snowshoeing
* Biathlon
* All of the above

Please mark where you see yourself volunteering (mark all that apply)

* Helping person the nordic center
* Giving lessons at nordic center
* Ski patrol at nordic center
* Helping with events year round
* Fund raising
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you again for signing up to be a CRNA Friend. And please let us know if there are others that would be a good fit to help us grow our impact and outreach. Like us on FaceBook “Capital Region Nordic Alliance”

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