

**4<sup>TH</sup> ANNUAL TWO HARBORS WINTER FROLIC  
CROSS COUNTRY SKI RACE/TOUR**

*Hosted by the Two Harbors Nordic Ski Team*

SATURDAY, FEBRUARY 6, 2010 11:00 A.M.

**REGISTRATION INFORMATION**

**~6 kilometer Classic ski race/tour and soup lunch!**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_ Male \_\_\_ Female

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age (race day) \_\_\_\_\_

**Pay on Race Day  
Race/Tour \$15**

**Youth Skiers (12 and under): \$8  
Race fee includes a soup lunch!**

All proceeds from this event will go to the  
Two Harbors Nordic Ski Team.

**Please make checks payable to:  
Agate Booster Club**

Email your registration info to Sara Byrns at  
[sbyrns@isd381.k12.mn.us](mailto:sbyrns@isd381.k12.mn.us)

The acknowledgement and assumption of risk and  
release can be signed at the time of registration.

**DIRECTIONS**

The race will start in Two Harbors on the Lakeview  
National Golf Course and connect onto the Erkki Harju  
Ski Trail system. The golf course is on the northeast  
end of town on the north side of Hwy 61, and can be  
accessed directly off the highway. When traveling  
north, go a short way past the last stop light in town (by  
the Holiday station) and take a left to the golf/curling  
clubhouse.

**ACKNOWLEDGEMENT AND  
ASSUMPTION OF RISK AND  
RELEASE**

I know that Nordic skiing is an action sport carrying  
significant risk of serious personal injury, death or property  
damage. I agree that I am alone responsible for my safety  
while participating in this competitive ski event and  
transportation to and from this event. I will not hold the  
Two Harbors Ski Team, Two Harbors High School, the city  
of Two Harbors, or any individual volunteer or employee  
working with this event, liable for my safety. I specifically  
**RELEASE** and **DISCHARGE**, in advance, those parties  
from any liability whether known or unknown, even though  
that liability may arise out of negligence or carelessness on  
the part of persons or entities mentioned above. I agree to  
accept all responsibility for the risk, conditions and hazards  
that occur whether they are known or unknown. Being  
fully aware of the risks, conditions and hazards of the  
proposed activities as a competitor, I **HEREBY AGREE  
TO WAIVE, RELEASE AND DISCHARGE** any and all  
claims for damages, death, personal injury or property  
damage which I may have or which may hereafter accrue to  
me as a result of my participation in this ski race.

\_\_\_\_\_  
(printed name )

\_\_\_\_\_  
(dated)

\_\_\_\_\_  
(signature)

\_\_\_\_\_  
(signature of parent/guardian  
if competitor is under age 18)

**THE RACES –**

**11:00 a.m. Youth “Sprints” ~1K**

**11:30 a.m. ~6K Classic Race/Tour**

**MASS START**

*(racing skiers in front, touring skiers following)*

**AGE CLASSES**

* < 4	* 18-29
* 5-6	* 30-39
* 7-8	* 40-49
* 9-11	* 50-59
* 12-13	* 60-69
* 14-15	* 70-79
* 16-17	* 80+

**YOUTH RACE!**

The Youth “Sprint” race will kick off the day at 11:00 a.m. Youth  
skiers are also encouraged to participate in the 6K touring class  
with their families. Experienced youth skiers are welcome to  
compete in the racing division. This will be a classical technique  
event. Bring the whole family and everyone can race!

**REGISTRATION & CHECK-IN**

**Advance registration is encouraged and appreciated (in order  
to help us plan for lunch).**

You may register by emailing your registration information to  
Sara Byrns at [sbyrns@isd381.k12.mn.us](mailto:sbyrns@isd381.k12.mn.us). Race day registration  
will be accepted in the Two Harbors Golf Clubhouse up until the  
start of the race.

**LUNCH**

A soup luncheon is included in the race fee and will be provided  
for skiers following the race. Spectators can enjoy a bowl of soup  
with bread, dessert, and a beverage for \$5.00.

**AWARDS**

Youth skiers will each receive an award. In the 6K race, the top  
three finishers in each age division will receive an award. The top  
three men and women overall will receive an additional prize!  
The 6K awards ceremony will be held inside during the soup  
luncheon.