

**4TH 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

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. 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.