

SECOND ANNUAL TWO HARBORS WINTER FROLIC CROSS COUNTRY SKI RACE/TOUR

Hosted by the Two Harbors Nordic Ski Team

SATURDAY, FEBRUARY 9, 2008 11:00 A.M.

REGISTRATION INFORMATION

5 kilometer Classic ski race and soup lunch!

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

___ Male ___ Female

Birthdate ____/____/____ Age _____

Race _____ Tour _____ Youth sprint _____

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 haysarahay@hotmail.com by Wednesday, February 6, 2008. *Print this form, complete and bring to check-in by 10:15 a.m. on race day.*

DIRECTIONS

The start of the event and the warming house are at the Two Harbors Fairgrounds. From Hwy 61, turn north on Hwy 2 (at the lights). Travel about one mile, watching for Fairgrounds Road on the right. Turn right on Fairgrounds Road and go about ½ mile to the admissions building (warming house). The race/tour will take place on the Erkki Harju ski trails.

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 event.

(printed name)

(dated)

(signature)

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

THE RACE/TOUR –

11:00 a.m. Youth “Sprints”

11:30 a.m. 5K Classic

Racing class: Men followed by women

Individual Interval Starts every 30 seconds

Touring class: Mass start (or staggered depending on the number of entrants)

RACE CLASSES

- Youth: 3 - 4 5 - 6 7 - 8 9 - 10 11 - 12
- 13-14
- 15-17
- 18-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80+

YOUTH RACES!

The Youth “Sprint” race will kick off the day at 11:00 a.m. Youth skiers are also encouraged to participate in the 5K touring class with their families. Experienced youth skiers are welcome to compete in the racing division. Bring the whole family and everyone can race!

REGISTRATION & CHECK-IN

Registration is due by Wednesday 2/6/08 (so we know how much soup to make!)

You may register by emailing your registration information to Sara Byrns at haysarahay@hotmail.com. Late registration on race day from 9:30 a.m. – 10:30 a.m. 2/9/08 in the warming house. Bibs will be handed out after payment and check-in on race day.

AWARDS

Awards will be presented following the race. The top three racers in each age division will receive an award. In addition, the top three men and women overall will receive a prize. All youth skiers will receive an award at the finish of their race!

