

Suntrail Special 2012

Sponsored by
Georgian Bay Nordic, Bruce Ski Club & Suntrail Outfitters

SAWMILL SKI TRAILS, HWY # 6, HEPWORTH
(1 KILOMETER SOUTHEAST OF SUNTRAIL OUTFITTERS)

SUNDAY FEB.12, 2012

FREE TECHNIQUE ___ individual events and team relay ___ START TIME 10:00 A.M.

CLASS	BIRTH YEAR	DISTANCE*	COST	START
BUNNIES	AFTER 2003	0.4 km	\$8.00	1 skier/15 sec
PEE WEES	2002-2003	1.8 km	\$8.00	1 skier/15 sec
MINI MIDGET	2000-2001	1.8 km	\$8.00	1 skier/15 sec
MIDGET GIRL/BOY	1998-99	3.5 km	\$10.00	1 skier/15 sec
JUVENILE GIRL	1996-97	5.0 km	\$10.00	1 skier/15 sec
JUVENILE BOY	1996-97	7.0 km	\$10.00	1 skier/15 sec
JUNIOR GIRL	1994-95	5.0 km	\$12.00	1 skier/15 sec
JUNIOR BOY	1994-95	7.0 km	\$12.00	1 skier/15 sec
JR. WOMEN	1992-93	7.0 km	\$15.00	1 skier/15 sec
SR. WOMEN	1981-91	7.0 km	\$15.00	1 skier/15 sec
M. WOMEN	BEFORE 1981	7.0 km	\$15.00	Masters Mass Start
JR. MEN 7 km	1992-93	7.0 km	\$15.00	1 skier/15 sec
SR. MEN 7 km	1981-91	7.0 km	\$15.00	1 skier/15 sec
M. MEN 7 km	BEFORE 1981	7.0 km	\$15.00	Masters Mass Start
JR. MEN 14 km	1992-93	14.0 km	\$15.00	1 skier/15 sec
SR. MEN 14 km	1981-91	14.0 km	\$15.00	1 skier/15 sec
M. MEN 14 km	BEFORE 1981	14.0 km	\$15.00	Masters Mass Start

MASTER SKIERS RESULTS WILL BE HANDICAPPED BASED ON AGE DISTANCES MAY CHANGE ACCORDING TO COURSE CONDITIONS

Relays

- Will be held BEFORE awards
- Teams based on age, skiers may race 'up' a category (or down for masters).
- 3 skiers per team at least one female.
- Race classes combined to ensure at least 2 teams per relay race.
- Entry fee is \$ 2 per skier.
- Cash prize to first place team of one half entry fee.
- Registration for relays will take place during individual races.

Prizes

- Medals will be awarded for 1st, 2nd and 3rd
- Ribbons for all Bunny, Pee Wee, Mini Midget and Midget finishers
- All competitors are eligible for excellent draw prizes, courtesy of Suntrail Source for Adventure

Lunch

- provided at reasonable cost at the race site

Awards

- will be presented before the relay race (approximately 12:30 PM)

Entries

on-line at <http://zone4.ca> or mail entry and cheque to: Andrew Howlett
217 4th Ave W
Owen Sound, ON N4K 4V1

All entries must be received by 9 PM Friday 10 February 2012

NO POST ENTRIES
(No entries on date of race)

CROSS COUNTRY CANADA
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

By signing this document you will assume certain risks. Please read carefully.

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of **Cross Country Canada and Canadian Snowsports Association** (hereinafter called **CCC/CSA**), Southern Ontario District (hereinafter called the **Division**) and **Bruce Ski Club** (hereinafter called **Club**) which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:

Description of Risks

2. The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division** and the **Club**, the **Parties** hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:

- a) training whether indoor or outdoor including strength training, running, hiking, and cycling;
- b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
- c) vigorous physical exertion, rapid movements and quick turns and stops;
- d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
- e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
- f) failing to participate within one's abilities, skill and within designated areas;
- g) becoming lost or separated from the group or the group becoming split up;
- h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
- j) encounters with animals or plants including allergic reactions;
- k) travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and
- l) other risks normally associated with participation in the **Activities**.

3. **Furthermore, the Parties are aware:**

- a) that injuries sustained may be severe, paralyzing or fatal;
- b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **CCC/CSA**, the **Division** and the **Club**;
- c) that the risk of injury is reduced if the Participant follows all rules established for participation; and d) that the risk of injury increases as the Participant becomes fatigued.

Disclaimer

4. In consideration of **CCC/CSA**, the **Division** and the **Club** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **CCC/CSA**, the **Division** and the **Club** and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division** and the **Club**, caused by the risks, dangers and hazards associated with the **Activities**.

Acknowledgement

5. The **Parties** confirm that:

- a) the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of **CCC/CSA**, the **Division** and the **Club**;
- b) they have been provided sufficient information about **Activities** and the associated risks and hazards so that they are aware of the effect of this agreement;
- c) the Participant agrees to abide by the Rules and Regulations imposed by **CCC/CSA**, the **Division** and the **Club**, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and
- d) they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the **Parties**, their heirs, executors, administrators and representatives.

6. In addition, the **Parties**:

- a) authorize **CCC/CSA**, the **Division** and the **Club** to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the **CCC/CSA**, the **Division** and the **Club** websites;
- b) grant permission to **CCC/CSA**, the **Division** and the **Club** to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA**, the **Division** and the **Club** through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, the **Division** and the **Club** and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
- c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

We do not sell or distribute your personal information to any other third party not listed herein.

I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.

Name(s): _____	
Date: _____	Telephone Number: _____
Signature(s): _____	Email Address: _____

NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below.

Name of Parent/Guardian: _____
Date: _____
Parent/Guardian Signature: _____