

Kananaskis Ski Marathon Waiver Form



Please read carefully and sign.

Liability: In consideration of Cross Country Canada (CCC), Cross Country Alberta (CCA), and Foothills Nordic Ski Club (FNSC) accepting my entry into the Kananaskis Ski Marathon, I hereby for myself, my heirs, executors, administrators and assigns, release and forever discharge CCC, CCA, FNSC, their directors, officers, sponsors, volunteers, assisting organizations, clubs, servants, agents or employees from any and all claims, demands, damages, actions or causes of actions arising out of or in consequence of any loss, injury or damage that may arise by reason of my participation in this event. Without limiting the generality of the foregoing, I further release any and all recourse that I may now or hereafter have resulting from any decisions of CCC, CCA, FNSC. In addition to the foregoing, I further waive any claims I may have in connection with cancellation or rescheduling of the event for whatever reason, FNSC reserves the right to retain all or part of the registration fees in the event of cancellation by either party. I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in a distance event and that no physician or other qualified individual has advised me against participating in such an event.

Photography: I authorize and consent to the publication by FNSC of any materials containing my name or picture and to release to FNSC and all persons acting under authority from it. any claims I may have due to initial or subsequent publication of such material.

name:

signature:

Minor Participant Release and Indemnification:

As a parent or guardian of _____ who is **under the legal age of 18**, I have read and understand the content and intent of this waiver and accept its terms and conditions on behalf of:

name of Parent/Guardian:

signature of Parent/Guardian:

Deadline

Participants under 18 years of age must mail or fax (403-283-4144) the completed waiver before February 24th, 2010 or provide a copy of the waiver signed by a parent or guardian prior to picking up their race bib on February 27th.

Cancellation Policy

In the event of race cancellation due to cold weather, half the race fees will be refunded.

Race Package Pick-up

All racers (children and adults) must pick up their race bibs between 08:00 and 09:30 hours on race morning at Pocaterra Parking Lot.

Delta Lodge at Kananaskis

Closest accommodation to the race site
(approx 35 minutes drive)

Offering a special "2010 Cookie Race" rate
of \$99.00 per night (based on availability)

For reservations please call 403-591-7711 code "AS4"

Thanks to...

Our Sponsors:

Lifesport • TrailSports
Rocky Mountain Ski Lodge

Assisting Organizations:

Peter Lougheed Provincial Park
Calgary Amateur Radio Association
Nordic Ski Patrol
Cross Country Alberta
#18 and #166 Venturers

Volunteers and Cookie Bakers

Donations of homemade cookies are gratefully received. Please put your name and phone number on a slip of paper and you will be entered into prize draws.



COOKIE RACE

(Kananaskis Ski Marathon)

Saturday,
February 27th, 2010
10 a.m.

Peter Lougheed
Provincial Park, Alberta

Classic Technique

more race information is available at:

(403) 283-0512
www.foothillsnordic.ca

COOKIE RACE

Kananaskis Ski Marathon

Foothills Nordic Ski Club welcomes racers and tourers to their 33rd annual Great Cookie Race.

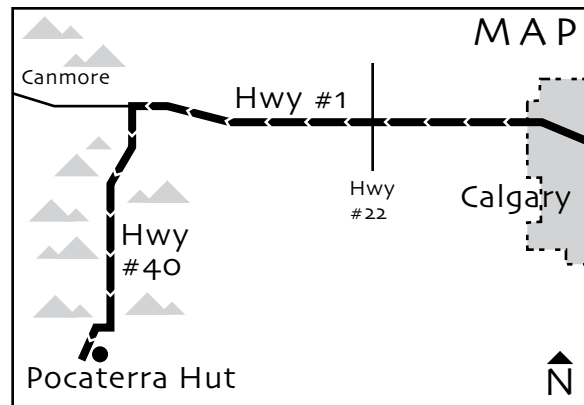
Come and ski in beautiful Peter Lougheed Provincial Park and enjoy a fabulous selection of cookies along the way.

This **classic technique** loppet includes:

- Jackrabbit, youth and open events
- Racing and touring categories (medals awarded in racing category only)
- Aid stations every 4 to 10 km
- Post-race refreshments
- Awards and draw prizes
- On-line results at www.foothillsnordic.ca

Location

From Calgary, drive 79 km west on Hwy #1. Exit on Hwy #40 (Kananaskis Country). Drive 56 km south on Hwy #40 to a dead end. Turn right and drive 3 km to Pocaterra Hut.



Pocaterra parking lot reserved for car pool vehicles only

Race Details

Jackrabbit Events:

- 1 km (born 2004-2005)
- 1 km (born 2002-2003)
- 3 km (born 1999-2001)

Please make sure your children are supervised before and after the event, especially crossing the highway.

Youth Events:

- 5 km (born 1996-1998)
- 15 km (born 1993-1995)

Open Events:

- 15 km (touring)
 - 24 km (racing) and 24 km (touring)
 - 42 km (racing) and 42 km (touring)
- (Medals are given only for racing categories)

For course descriptions and official race notice, visit: www.foothillsnordic.ca

Registration Options:

No adult and youth registration on race day, however Jackrabbits will be allowed to register on the day of the race from 08:00 to 09:15 am.

Register on-line at www.zone4.ca
or

Complete the registration form and mail to:
Kananaskis Ski Marathon
1238 5th Ave. N.W.
Calgary, AB, T2N 0R9

Complete the registration form by February 24, 2010 and drop off at:
Lifesport, 1110 Gladstone Rd. N.W., Calgary

A cheque made payable to Foothills Nordic Ski Club must be included with paper registration forms.

Registration deadline:
9:30 pm hours, February 24

Fees:

- | | |
|--------------------------------|---------|
| • 1 km, 3km, 5km | \$15.00 |
| • 15 km | \$30.00 |
| • 24km, 42km | \$45.00 |
| • Family (hard copy form only) | \$90.00 |

Registration Form

surname first name

address

city province postal code

(____) _____ (____) _____
home phone work phone

email address

male female

club affiliation

Jackrabbit & Youth

check your year of birth:

- ___ 2004-2005 (1 km)
- ___ 2002-2003 (1 km)
- ___ 1999-2001 (3 km)
- ___ 1996-1998 (5 km)
- ___ 1993-1995 (15 km)

Open

check your distance:

- ___ 15 km - tourer
- ___ 24 km - tourer
- ___ 42 km - tourer
- ___ 24 km - racer
- ___ 42 km - racer

What is your year of birth?

_____ (mandatory field)

Seeding: For all 15, 24 & 42 km skiers, circle your anticipated finish time in hours.

1 1.5 2 2.5 3 3.5 4 4.5 5

Please turn over, read and sign waiver.

