

Larch Hills Nordic Society

Presents

BC Winter Games (Okanagan Zone) Trials & Club Fun Race

Jan 3, 2010

- NAME OF EVENT:** BC Winter Games (Okanagan Zone) Trials and Club Fun Race
- DATE:** Sunday January 3, 2010
Interval Start - Classic Technique, 10:00 am start
followed by Mass Start – 10km Free technique
- RACE LOCATION:** Larch Hills Ski Area, Salmon Arm, BC
See our website for directions - <http://www.skilarchhills.ca/>
- HOST CLUB:** Larch Hills Nordic Society
- SANCTIONED BY:** BC Winter Games & Cross Country BC
- RULES:** CCC and BC Winter Games Rules and Regulations
<http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=2634>
- INFORMATION:** Chief of Race – Carl Flatman (250) 832-1362
or e-mail : race_secretary@telus.net
- ELIGIBILITY :** All boys and girls in Atoms to Juniors for Interval Start races,
and all adults for the Mass Start Fun race.
Athletes trying out for the upcoming Winter Games in Terrace must
be born in 1995 (2nd yr Midget) or 1996 (1st yr Juvenile) and must
be a member of a Zone 2 club in good standing with CCBC.
- RACE ENTRY** **Registration for Interval Start races is to be done on ZONE4 only.** At <http://www.zone4.ca/>
Registration for fun race can also be done on ZONE4 or on the
morning of race day starting at 8:30am until 9:30am.
Each competitor must sign an Event Participant Waiver Form
included herein on Sunday morning.
- RACE ENTRY** **Deadline for ZONE4 entries is Thursday, Dec 31, 2009 – No late entries permitted.**
- PAYMENT:** Payment for fun race (if not on Zone4) is by cash or cheque only.
Please make cheque payable to: **Larch Hills Nordic Society**, trail
fees included in race fee.
- DRAW:** Random Draw by ZONE4

- START LISTS** Start lists for the race will be available with bib pickup
- BIB PICKUP:** Bib pick-up for the race will be in the Chalet at Larch Hills between 8:30 am and 9:30 am on race day. Signed Waiver required.
- WAIVER:** Waiver form included herein is to be signed by each racer (or parent) and given to race registrar prior to receiving bibs.
- FACILITIES:** There is a Chalet with woodstove at the parking area and outhouses. Running water might be available.
- WAXING:** Limited electrical outlets will be available outside the Chalet. No waxing in the Chalet.
- ACCOMMODATION:** Some Local Motels / Hotels :
- Super 8 Motel
2901 10th Ave NE
Salmon Arm - Convenient Location, near Home Restaurant,
V1E 2S3 Tim Horton's, Mac's store, McDonalds, rec-
(250) 832-8812 center, Pub etc. Older building but decent.
Rate Quoted - \$84.95 + tax
- Podollan Inn
1460 Trans Canada Hwy NE
Salmon Arm - Nice, new Hotel. Not so near to
V1E 4N1 restaurants etc.
(250) 832-6025
Rate Quoted - \$109 + tax
- Prestige Harbourfront Resort
251 Harbourfront Drive NE - Very Nice with restaurant, pool,
Salmon Arm gym, pub
(250) 833-5800
Rate Quoted - \$159.95 + tax (Special rates available)

RACE SCHEDULE

DATE: Sunday, January 3, 2010

INTERVAL STARTS – CLASSIC TECHNIQUE

LOCATION: Larch Hills Ski Area

TIME: 10:00 AM SHARP !

AWARDS: Following completion of Fun Race. Medals and Trophies.

CATEGORY	Age as of Dec.31, 2010	Year Born	Distance (km) M & F	Fee
Interval Start Races				
ATOMS	8 & under	2002 & later	1	\$ 8.00
PEE WEE	9 & 10	2001 - 2000	1.5	\$ 10.00
MINI MIDGET	11 & 12	1999 - 1998	3.0	\$ 15.00
MIDGET	13 & 14	1997 - 1996	3.0	\$ 15.00
JUVENILE	15 & 16	1995 - 1994	5.0	\$ 15.00
JUNIOR	17 to 18	1993 - 1992	7.5	\$ 15.00
Fun Race Mass Start				
ALL AGES	19 to 100	1991 - 1910	10	\$ 15.00
Age categories TBA				

Note: Para Nordic categories will be added if we are lucky enough to have any registrants for this category, who perhaps are hoping to qualify for the BC Winter Games. Eligible ages for BC Winter Games (Para) are 13-40 years as of Dec 31, 2009.

EVENT PARTICIPANT WAIVER FORM 2009-2010

Name of Event: BC Winter Games (Okanagan Zone) Trials & Club Fun Race
Date of Event: Sunday, January 3, 2010

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called **CCC**), **Cross Country BC**, (hereinafter called **CCBC**) and **Larch Hills Nordic Society** (name of hosting Club, hereinafter called the **Host Club**) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **CCC**, **CCBC** and the **Host Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **CCC**, **CCBC** and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC**, **CCBC** and the **Host Club**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC**, **CCBC** and the **Host Club** of any materials containing my name or picture, and I release to **CCC**, the **CCBC** and the **Host Club** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this Waiver of Liability with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC**, **CCBC** and the **Host Club**, and to follow the instructions of the officials during the event.

Adult Participant Release and Waiver

As a participant of the named activity, I have read and understand the contents and intent of this waiver:

Name: _____ Date: _____

Signature: _____ Witness _____

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of

Parent/Guardian Name: _____ Date: _____

Parent/Guardian Signature _____

Witness: _____