

The (approximately) 44th Annual

Turkey Day Relays

presented by
**NORDIC
SKI CLUB**



F A I R B A N K S

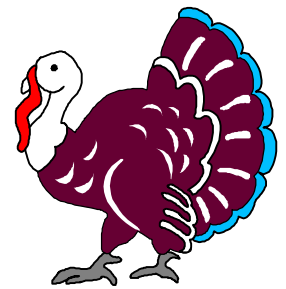
sponsored by



Friday, November 27, 2009
Jim Whisenant Ski Trails, Birch Hill Recreation Area
Fairbanks, Alaska

11:00am – Grades K-1-2-3-4 Relay – 3 x 1km
11:45am – Grades 5-6-7-8 Relay – 3 x 2km
12:45pm – High School, Open, Masters Relay – 3 x 5km

ALL RACES – FREE TECHNIQUE



TURKEY DAY RELAYS 2009 RACE INFO

ENTRY FORMS AND PROCEDURES:

- No telephone entries
- No fax entries
- No e-mail entries
- Each Member of a relay team must completely fill out an entry form, and sign the risk waiver
- Pick up entry forms at Beaver Sports, Raven Cross Country, or at the Warming Hut at Birch Hill
- Entries may be dropped off at Beaver Sports or at Raven Cross Country
- Entries will be picked up Monday, November 23 (early fees) at 5:00pm, and Wednesday, November 25 (late fees) at 5:00pm. No forms may be dropped off at any location after 5:00pm on Wednesday
- Entry forms and fees may be mailed to the Nordic Ski Club of Fairbanks at:
PO Box 71055, Fairbanks, AK, 99707-1055
- Mailed entries must be **received by** Tuesday, Nov. 24.
- School or University Teams or Clubs entering 3 or more relay teams should contract race director (474-4242) for group entry details.

ENTRY DEADLINES AND FEES:

- **EARLY ENTRY:**
 - To qualify for early entry fees, **both** forms and fees must be **received** not later than 5:00pm, Monday, November 23
 - Grades K-8 pay \$5/person
High School and older pay \$10/person
- **LATE ENTRY:**
 - When **both** forms and fees are **received** between 5:00pm, Monday, November 23 and 5:00pm, Wednesday, November 24:
 - Grades K-8 pay \$10/person
High School and older pay \$15/person
- **RACE DAY ENTRY:**
 - Race day entry closes at 10:30am for ALL classes, with NO exceptions.
 - Grades K-8 pay \$40/team; \$15/individual
High School and older pay \$50/team; \$20/individual
 - NOTE: Individuals who have sent in entry forms but not yet paid their entry fee will pay race day fees
 - Bib pickup closes at 12:00pm for all high school and adult classes. There will be no exceptions to this policy.

CLASSES

- Within each scholastic class or age class there is competition in a girls'/women's class and in a class combining boys'/men's teams and mixed teams
- Scholastic class is determined by the highest class of any member of the team
 - Scholastic Classes:
grades K-1-2 and grades 3-4 go 3 x 1km
grades 5-6 and grades 7-8 go 3 x 2km
HS teams go 3 x 5km with the adults
- Adult Classes are determined by the age of the youngest member of the team
- If any individual on a team does not provide Date of Birth, the team will be entered in the open class
- Adult Classes (all go 3 x 5km)
Open (born 1980 or later) women, men/mixed
30-39 (born 1970-1979) women, men/mixed
40-49 (born 1960-1969) women, men/mixed
50+ (born 1959 and before) women, men/mixed

SCHEDULE OF EVENTS

Monday, November 23

- 3:00pm Course maps posted at Birch Hill
- 5:00pm Entry deadline for early entry fees

Tuesday, November 24

Entries open all day; deadline for mailed entries

Wednesday, November 25

- 5:00pm Entry deadline for late entry fees

Friday, November 27

- 9:45am Bib distribution begins in warming hut
- 9:45am Race day registration begins
- 10:30am Race day registration closes (all classes)
- 11:00am Start of Grades K-1-2-3-4 3x1k Relay
- 11:45am Start of Grades 5-6-7-8 3x2k Relay
- 12:00pm Bib distribution closes
- 12:45pm Start of HS, Open, Masters 3x5k Relay
- 6:00pm Spaghetti dinner at Lathrop HS Cafeteria (LHS Ski Team fund-raiser)
- 7:00pm Awards presentation (approx. time)*

RULES

1. Teams consist of three individuals – there is no solo class
2. Teams of less than three will not be listed in results, nor are they eligible for awards
3. Skiers who ski more than one leg must pay an entry fee for each leg they ski

~Awards Provided by Beaver Sports~

*High school or college skiers who accept merchandise awards may risk losing their NCAA eligibility.
Entrants are eligible to win only one award, regardless of the number of relay legs they may ski

PLEASE NOTE: Each member of the relay team must submit a completed entry form and a signed risk waiver, and pay entry fee when form is submitted. More than one entry may not be submitted on a single form.

Nordic Ski Club of Fairbanks -- Turkey Day Relay Entry Form

Required Personal Information-please print legibly-Be sure to sign risk waiver on reverse.

Last Name												First Name																															
Street Address or PO Box Number																																											
City and State or Province																		,		-		Zip + 4																					
Ski Club or School												<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">K</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">HS</td> </tr> <tr> <td colspan="10" style="text-align: center;">Please Circle Grade</td> </tr> </table>												K	1	2	3	4	5	6	7	8	HS	Please Circle Grade									
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Please Check the Class Your Relay Team is Entering (check only one)

<input type="checkbox"/> Gr. K-1-2 Girls 3x1k 11:00am <small>No one on team beyond grade 2</small>	<input type="checkbox"/> Gr. 7-8 Girls 3x2k 11:45am <small>No one on team beyond grade 8</small>	<input type="checkbox"/> 30-39 Women 3x5k 12:45pm <small>Youngest member born 1970-1979</small>
<input type="checkbox"/> Gr. K-1-2 Boys/Mixed 3x1k 11am	<input type="checkbox"/> Gr. 7-8 Boys/Mixed 3x2k 11:45am	<input type="checkbox"/> 30-39 Men/Mixed 3x5k 12:45pm
<input type="checkbox"/> Gr. 3-4 Girls 3x1k 11:00am <small>No one on team beyond grade 4</small>	<input type="checkbox"/> HS Girls 3x5k 12:45pm <small>No one on team beyond grade 12</small>	<input type="checkbox"/> 40-49 Women 3x5k 12:45pm <small>Youngest member born 1960-1969</small>
<input type="checkbox"/> Gr. 3-4 Boys/Mixed 3x1k 11:00am	<input type="checkbox"/> HS Boys/Mixed 3x5k 12:45pm	<input type="checkbox"/> 40-49 Men/Mixed 3x5k 12:45pm
<input type="checkbox"/> Gr. 5-6 Girls 3x2k 11:45am <small>No one on team beyond grade 6</small>	<input type="checkbox"/> Open Women 3x5k 12:45pm <small>Youngest member born 1980 or later</small>	<input type="checkbox"/> 50+ Women 3x5k 12:45pm <small>Youngest member born 1959 or earlier</small>
<input type="checkbox"/> Gr. 5-6 Boys/Mixed 3x2k 11:45am	<input type="checkbox"/> Open Men/Mixed 3x5k 12:45pm	<input type="checkbox"/> 50+ Men/Mixed 3x5k 12:45pm

Relay Team Name and Running Sequence

Team Name:																						
First Leg:																			Sex	<i>m</i>	<i>f</i>	
Second Leg:																			Sex	<i>m</i>	<i>f</i>	
Third Leg:																			Sex	<i>m</i>	<i>f</i>	

Fee Enclosed For (Check Only One Amount) -- NOTE: Fee must be enclosed with entry form

	Early-through 5pm Nov. 23	Late-through 5pm Nov. 25	Race Day- Individuals	Race Day- Teams
Elem. & Jr. High Individual	<input type="checkbox"/> \$5	<input type="checkbox"/> \$10	<input type="checkbox"/> \$15	<input type="checkbox"/> \$40
HS, Open or Adult Individual	<input type="checkbox"/> \$10	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20	<input type="checkbox"/> \$50

Make checks payable to "NSCF" or "NSC Fairbanks"

Please drop off your completed form at Beaver Sports or Raven Cross Country or mail it to: Nordic Ski Club of Fairbanks Race Program -- PO Box 71055 -- Fairbanks, AK 99707-1055

NOTE: Entry fees must be included with entry form.

NORDIC SKI CLUB OF FAIRBANKS --2009 TURKEY DAY RELAYS

Acknowledgement and Assumption of Risk and Release

Please read this risk waiver carefully before signing. Entry into NSCF Turkey Day Relays races is permitted only for those competitors who have valid risk waivers signed by themselves and, where the competitor is under 18, signed also by their parent or guardian.

In consideration of the rights and privileges associated with participation in the Turkey Day Relays cross country ski races held November 29, 2009 and sponsored by the Nordic Ski Club of Fairbanks, I agree and acknowledge to be bound by the following:

- 1. Identification of Risks.** I understand that preparation for and participation cross country skiing, competitions (“the Activity”) involves of risks of serious injury, including permanent disability, death, and other losses, both to me and my property. I understand that these injuries and losses might result not only from my actions, but from the actions, inaction, or negligence of others. Inherent dangers and risks include, for example, weather conditions such as wind and cold resulting in frostbite, existing and changing snow conditions, collisions with natural and man-made objects and other skiers, variation in terrain and the failure of skiers to ski within their own ability and physical fitness levels.
- 2. Assumption of the Risk.** I agree that I am responsible for my safety while participating in the Activity, and that such responsibility includes participating in the Activity only: a) when I am both physically and psychologically prepared to participate safely, b) after fully familiarizing myself with the venue before beginning the Activity, including the weather and snow conditions, race course layout and obstacles that a visual inspection would have revealed, and c) while using the equipment of a type and condition reasonably necessary to safely participate in the Activity. I assume all risks connected with responsibility for any injury or loss connected with my participation in the Activity.
- 3. Waiver.** Aware of the risks and willing to assume them, I hereby waive, release, and hold harmless the Nordic Ski Club of Fairbanks and the Fairbanks North Star Borough and each of those organization’s affiliates, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors (“Released Parties”) from all claims by me for any liability, injury, loss or damage in any way connected with my participation in the Activity, except where caused by gross negligence or willful or wanton misconduct of any of the Released Parties. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who might pursue any legal action or claim on my behalf.
- 4. Applicable Law.** This waiver and release informed under and is to be interpreted consistent with laws of the State of Alaska.
- 5. Insurance.** I currently have, and agree to maintain throughout the time that I participate, valid and sufficient medical and accident coverage. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

I HAVE READ CAREFULLY THIS WAIVER AND RELEASE, AND HAVING DONE SO I AM SIGNING IT VOLUNTARILY.

Date: _____ Competitor: _____
Signature

Competitor: _____
Printed Name

FOR ATHLETES OF MINORITY AGE

This is to certify that, as parent/guardian of this participant, I do consent to his/her agreement to be bound by each of the terms and conditions identified above.

Date: _____ Parent/Guardian: _____
Signature

Parent/Guardian: _____
Printed Name

Parent/Guardian: _____
Relationship