

21st Annual Michigan Cup Pursuit Muffin Race 2013

Cross Country Ski Headquarters,

9435 N Cut Rd (Country Rd 100 Higgins Lake) Roscommon, Michigan 48653

www.crosscountryski.com

Date: February 24, 2013

Eligibility: Ages 19 and younger

Location: Cross Country Ski Headquarters, 9435 N. Cut Rd. (County Rd 100 - Higgins Lake), Roscommon, MI 48653 PH: 989-821-6661 Fax 989 821 5868 e-mail: skibones@aol.com

Registration Senior Muffin: 9:00 AM Start: 10:30 AM

Ages 13 (or younger if seeking Michigan Cup points) to 19

Senior Muffin racers will do intervals on Rolling Hills trail and possibly other trails. Distances will be determined by coaches on race day (approx. 8K total). Skiers will classic ski the first 1/2 of the race then ski freestyle the 2nd 1/2 of the race.

Registration Junior Muffin: 11:30am or after the finish of the Senior Muffin Race

Starting time will be 1/2 hour after finish of Senior Muffin Race. Ages 6 and under will ski 1km (Blizzard Trail). Ages 7 to 9 will ski 2km (Blizzard Trail). Ages 10 to 12 will ski 3km (results for these races will not count toward Michigan Cup points)

Awards: Special hand made awards will be given to the top 3 finishers in the Senior Muffin Division girls and boys races following the Junior Muffin Race finish. All Junior Muffin racers will receive an award. (Racers barbeque lunch is included with registration fee). Non- racers are invited to join the barbeque for \$5.00 each.

Sponsors: Cross Country Ski Headquarters

Cost: \$10.00 for all Senior Muffin Racers. Free for all Junior Muffin Racers.

Last Name.....First Name.....

Address.....Phone.....

City.....State.....Zip.....

E-mail Address.....Sex.....Date of Birth.....Age.....

I, the undersigned, know that Nordic skiing is an action sport carrying significant risk of personal injury and that there are natural and man-made obstacles or hazards. Surface and environmental conditions and risks, which in combination with my actions can cause me severe injury. In consideration of the foregoing, I, for myself, executor, administrators, and assigns do hereby release and discharge Cross Country Ski Headquarters and any and all persons officially or unofficially connected with the events from all claims of damage demands, actions and causes of action what so ever in any manner arising or growing out of my participation in this event.

Send to: Cross Country Ski Headquarters, 9435 N. Cut Rd, Roscommon, MI 48653

Racer signature.....Date.....

Parent or Guardian signature.....Date.....

Parents of racers are encouraged to attend and help with race and or bring a desert or snack (muffins) for the post race ceremony. All racers and family members who partake in the Pig Roast will also receive a complimentary 1-day XC SKI HQ facilities pass.