

Michigan Cup Skiathlon Muffin Race 2007

Cross Country Ski Headquarters,

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

www.crosscountryski.com

Eligibility: Any person eligible for the Junior Olympics and younger down to age 3

Date: February 25, 2007 Registration Senior Muffin: 10:00 AM

Ages 11 to 13 start: 10:30 AM

14 to older juniors start: 11:00 AM

All divisions except Junior Muffin Racers will do intervals on Rolling Hills trail and possibly other trails. Distances to be determined by coaches on race day. The first half will be classic and classic rules will apply.

Junior Muffin: Starts ½ hour after finish of Senior Muffin Race.

Ages 6 and under: 1km (Blizzard) All racers will get a medal.

Ages 7 to 10: 2km (Blizzard) All racers will get a medal.

Location: Cross Country Ski Headquarters, 9435 N. Cut Rd. Higgins Lake, Roscommon, MI 48653 989-821-8646 Fax 989 821 5868 e-mail: skibones@aol.com

Awards: Medals and outdoor barbeque (Racers barbeque 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 racers 7 years and older. Free for all 6 years and younger.

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

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

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

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

I, the undersigned, know that Nordic skiing is an action sport carrying significant risk of personal injury and that there 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 (muffin) for the post race ceremony. There is an open invitation for skiers and guests to musically entertain after the race.