

Cross Country Ski Headquarters Relays

Presented by Cross Country Ski Headquarters
Saturday March 17, 2007



Registration Starts: 9:00 AM on Race Day

Race Time: Start at 10:30 am. Race is in the following order: classical leg, freestyle, freestyle. Each leg of the race is equal. Course length is 6-8 km depending on course availability.

Classes: Male, female, and coed classes are offered for a variety of age groups. Each team's age class will be determined by the total of all three team member ages.

Female: (0-59)	Male: (0-59)	Coed: (0-59)
(60-119)	(60-119)	(60-119)
(120-164)	(120-164)	(120-164)
165 and over	165 and over	165 and over

Registration and Guidelines:

- **All points earned will go toward Michigan Cup team points only**
- Teams must have 3 different skiers
- Relay Rules will be discussed at race start
- All relay team members must enter together
- Registration Closes at 10:15 AM on Race Day
- Please register early to avoid pre-race congestion
- No individual entries allowed. All teams must sign up together.
- FEE: \$45 per team. Your entry fee entitles you to participate in the race, luncheon and raffle prizes afterwards

For further information, please contact Bob Frye at 989-821-6661 or via e-mail at skibones@aol.com

Cross Country Ski Headquarters

9435 N Cut Rd (Higgins Lake)

Roscommon, MI 48653

www.crosscountryski.com

ph: 989-821-6661 fax: 989-821-5868

Special thanks to: Salomon, Fischer, Madshus, Atomic, Swix and Alpina

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, with in combination of 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 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.

Registration Form

**Cross Country Ski Headquarters Relays,
Saturday March 17, 2007**

Name: _____

Address: _____

City: _____

State: _____ **Zip:** _____

Phone: _____

E-Mail: _____

Relay Team Name: _____

Michigan Cup Team: _____

Team Member #1 (classical) Age: _____

Team Member #2 (freestyle) Age: _____

Team Member #3 (freestyle) Age: _____

Total of Ages: _____

**Includes Awards luncheon with Hub Subs,
veggies, cookies and green lemonade!**

Race Class: ___ (0-59) ___ Female
 ___ (60-119) ___ Male
 ___ (120-164) ___ Coed
 ___ (165+)

**Please send registration form with credit card info or
check payment for \$45 to:**

**Cross Country Ski Hq,
9435 N Cut Road
Roscommon, MI 48653**

Circle: Visa, MasterCard, or Discover,

Card Number: _____

Expiration Date: _____/_____/_____

Name on Card (print): _____

Signature: _____

Date: ____/____/____

Send To: Cross Country Ski Headquarters
9345 N Cut Rd
Roscommon, MI 48653

Racer Signature: _____

Date: _____

If Racer is under 18 yrs:

Parent or Guardian Signature: _____

Date: _____