

23rd Annual Pursuit Muffin Race 201

Cross Country Ski Headquarters

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

www.crosscountryski.com

Date: March 15, 2015

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: info@crosscountryski.com 48653

Registration Senior Muffin: 9:00 AM Start: 10:30 AM Ages 13 (or younger if desired) 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 ½ hour after finish of Senior Muffin Race. Ages 6 and under will ski 1km. Ages 7 to 9 will ski 2km. Ages 10 to 12 will ski 3km.

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.

Sponsor: 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.

Email to: info@crosscountryski.com

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.

All racers and family members who partake in the Pig Roast will also receive a complimentary 1-day XC SKI HQ facilities pass.