

2009 WINONA FOREST TOURATHON X-C SKI RACE ENTRIES
CITIZENS and NYSSRA POINT SERIES RACE

To register for the races, please print this form and include it with entry fees and the signed waiver to the mailing address below. Both races may be entered with this form; however, separate copies should be used for each individual. NYSSRA is collecting the \$5.00 fee for each race from non-members to help cover NYSSRA insurance costs for our races. **ALL FEES ARE NON-REFUNDABLE**

Skier Information Please Print

Last Name _____ First Name _____ MI _____
 Street Address _____
 City, State, Zip _____
 Email-print slowly _____
 Age _____ Birthdate _____ M/F _____ Phone _____

Office Use Only
BIB:
PAID
WAIVER

Winona Forest "Try It" SKATE Race

Saturday, January 17, 2009

*Start: CCC Camp, Winona State Forest, County Rt. 90, Mannsville, NY, electronic timing/results provided by Score-This

*Register/Bib pick-up at CCC Camp Note: Morning pick-up only: 1/17/09 7:30-9:30 am

_____ 15km Skate race ESG Open/Masters Qualifier (10:30 a.m. mass start) \$25 Registration Fee \$ _____

_____ 8km Classic Race ESG Scholastic Qualifier (10:45 a.m. mass start) \$20 Registration Fee \$ _____

NYSSRA # _____ OR MANDATORY NON-NYSSRA MEMBER INSURANCE FEE \$ 5.00

Total: \$ _____

29th Annual Classical Winona Forest Tourathon

Saturday, March 14, 2009

Start: CCC Camp, Winona State Forest, Co. Rt. 90, Mannsville, NY, electronic timing/results provided by Score-This

Park and Register (pick up bibs) at Sandy Creek School, Sandy Creek, NY 3/13/09 6:30-8:30 pm, 3/14/09 CCC Camp 7-8:00 am

_____ 45km Classic "Winona Forest Tourathon" (3-loop course, 9:00 a.m. mass start, Exit CCC Camp, distance must be completed or DNF) \$50

_____ 30km Classic (2-loop course, 9:00 mass start- Exit CCC Camp, distance must be completed or DNF) \$45

_____ 15km Classic (1 loop course, 9:00 mass start - Exit CCC Camp, distance must be completed or DNF) \$40

BY MAIL or REGISTER ONLINE AT <http://www.score-this.com/events.html> \$ _____

NYSSRA # _____ MANDATORY NON-NYSSRA MEMBER INSURANCE FEE \$ 5.00

SIZE _____ 29th Anniversary *NEW* Winona Forest Tourathon T-Shirt must order by 2/14/09
 \$ 15.00

After race ziti dinner starting at 1:00 pm, Sandy Creek School (included with entry)

Awards: 45K M/F top skier, age classes, 15/30k best times

Total: \$ _____

WFRA MEMBERSHIP/TRAIL DONATION supports grooming of *ski-only* trails.

Individual (\$25) Family (\$50) Other \$ _____

(Remember to include insurance fee for each race if not a NYSSRA member) ***COMBINED TOTAL*** \$ _____

Please add totals
 Make checks out to
 Mail entries to

Winona Forest Recreation Assoc
4920 N Jefferson 3R
Pulaski, NY 13142

Registration Form: www.winonaforest.com
 Race events/directions/schedules posted on web
 Email: raceinfo@winonaforest.com 315-298-6993

Enter one or all races with the Race Entry Form and this waiver. Entry fees must be included with the returned entry form, including the extra \$5.00 insurance fee (per race) for people who do not belong to NYSSRA. Please photocopy these forms (entry and waiver) for separate entry persons. Any and all donations showing your support for our work and trails will be appreciated. Mark all appropriate spaces on forms, combine totals, and make checks payable to Winona Forest Recreation Assoc. All participants must sign the athlete's waiver and release form or entry will NOT be processed.

WAIVER AND RELEASE OF LIABILITY

1. Identification of Risks: I understand that participation in any skiing activity, including but not limited to, preparation for, participation in, and coaching of activities in cross country ski competitions and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inaction or negligence of myself or others.
2. Assumption of the Risk: I agree that I am responsible for my safety while participating in activities associated with the Winona Forest Recreation Association (WFRA) and NYSSRA – Nordic, inc., and that such responsibility includes participation 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, and c) while using the equipment of a type and condition reasonably necessary to safely participate. I assume all risk connected with responsibility for any injury or loss connected with my participation.
3. Waiver: Aware of risks and willing to assume them, I hereby waive, release and agree to hold harmless the Winona Forest Recreation Association and New York State Ski Racing Association-Nordic. Inc., their affiliates, subsidiaries, officers, directors employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors (Released Parties) from any and all claims by me for any liability, injury, loss or damage in any way connected with my participation in activities associated with Winona Forest Recreation Association and NYSSRA-Nordic, Inc., except where caused by the 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, and next of kin or assigns who may pursue any legal action or claim on my behalf.
4. Insurance: I currently have, and agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

Signature _____

Print Name _____

Date _____

For Members of Minor Age: This is to certify that, as parent/legal guardian of this above named minor, I do hereby acknowledge and consent to his/her agreement to be bound by each of the terms and conditions identified above.

Parent/Guardian Signature _____

Print Name _____

Date _____