

# THE SHELL LAKE SPRINT

## X-COUNTRY SKI RACE

Shell Lake, WI

### Sunday March 7th, 2010

**What:** The Shell Lake Sprint is a unique cross-country ski race for youth and adults. 2K and 5K sprint races and special youth mini-sprint.

**Where:** Held at the Red Barn Ski Trails in Shell Lake. (Two miles east of Shell Lake on Hwy B).  
Check website for parking details as race day approaches.

**Why:** 100% of the proceeds of the race will go towards purchasing ski equipment for youth to use within our club - *Ski! Shell Lake*. *Ski! Shell Lake* is a non-profit ski club which maintains the trails at the Red Barn and has a main mission of promoting cross-country skiing for youth and families.

**Race Details:** \*\* All Races are Freestyle - there will be classic tracks set and groomed skating.

<u>Race</u>	<u>Type</u>	<u>Age - M / F</u>	<u>Time</u>	<u>Details</u>
A	2K The Riverbrook Sprint *	Open, Competitive Men	1:30	See Prize Info Below
B	2K The Riverbrook Sprint *	Open, Competitive Women	1:50	See Prize Info Below
C	2K Tim Reedy State Farm Sprint	High School	2:00	Waves for Boys - Girls
D	2K Sqwincher Sprint	Youth / Casual Adult	2:20	For Kids and Casual Adults
E	5K The Riverbrook Sprint *	Open, Competitive Men	2:50	See Prize Info Below
F	5K The Riverbrook Sprint *	Open, Competitive Women	3:10	See Prize Info Below
G	5K Spooner Health System	High School	3:20	Waves for Boys - Girls
H	5K Sqwincher Sprint	Youth / Casual Adult	3:40	For Kids and Casual Adults

\* **Riverbrook Sprint races** --- for the competitive skier, these races have a **100% pay-out** for each Riverbrook Sprint race in the form of gift certificates at *Riverbrook Bike & Ski*. Example: In Race A, if there are 40 racers (\$1,000 in race fees), winner will receive 50% of purse (\$500 gift certificate), 2nd place 30% of purse (\$300 gift certificate), 3rd place 20% of purse (\$200 gift certificate). Note: If there are at least 15 racers in an age group ( - 30, 31-40, 41-50, 51+) there will be age group divisions, with same pay-out structure for each.

**McDonald's Super Sprint** --- For High School and younger. \$1 per race. Pay at Race Site. 200 meter sprint oval with some obstacles. You can enter a max of five times. Held from 1:00 - 2:15. Each time you race, you receive a coupon for a free Cheeseburger & Apple Dippers at *McDonald's* !

**Race Fees:** The below fee structure is for **Pre-Registration**, postmarked no later than March 2nd. You may register online until March 4th. There is a small online registration fee.

For On-Site registration, **Add \$7 PER RACE** Please do not mail later than March 2.

<u>Race</u>	<u>Fee</u>	<u>Details</u>
Riverbrook Sprint (A,B,E,F)	\$25	No Multi-Race Discount for <i>Riverbrook Bike &amp; Ski</i> Races
High School (C,G)	\$10	If High School Skiers are in <b>2K and 5K</b> , total fee is <b>\$15</b>
Youth / Casual Adult (D, H)	\$10	If Youth, Casual Adults are in <b>2K and 5K</b> , total fee is <b>\$15</b>

**Late REGISTRATION / BIB PICK-UP: At least 70 MINUTES before your race**

No refunds given under any circumstances.

For More Info: **WWW.SKISHELLLAKE.COM** or call **David Swan - 715 205 4424**

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## X-COUNTRY SKI RACE

*Shell Lake, WI*

Sunday, March 7, 2010 at the Red Barn Ski Trails - Red Barn Campground

**Late REGISTRATION / BIB PICK-UP: At least 70 MINUTES before your race**

Skier's  
FIRST Name \_\_\_\_\_ LAST Name \_\_\_\_\_

Ski Technique \_\_\_\_\_ If Under 18 \_\_\_\_\_  
 Skate  Classic - Parent / Guardians Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Age \_\_\_\_\_ Grade (if applicable) \_\_\_\_\_ Birthday (dd/mm/yy) \_\_\_\_/\_\_\_\_/\_\_\_\_

Male  Female Phone \_\_\_\_\_ email \_\_\_\_\_

**In case of emergency, please notify:**

\_\_\_\_\_ Phone: \_\_\_\_\_

**ATHLETE'S RELEASE: ACKNOWLEDGEMENT AND ASSUMPTION OF RISK AND RELEASE.**

I, \_\_\_\_\_, know that nordic skiing is an action sport carrying significant risk of serious personal injury, death or property damage. I also know that there are natural, mechanical and environmental conditions and risks which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to me or others. I agree that I alone am responsible for: (a) my safety while participating in competitive events and/or training for competitive events and, (b) providing, utilizing and maintaining that equipment necessary for the safe enjoyment of my participation in such events and specifically acknowledge that the following persons or entities including the ski area, the promoters, the sponsors, the organizers, the officials and any agent, representative, officer, director, employee, member or affiliate of any person or entity named above are not responsible for my safety. **I specifically RELEASE and DISCHARGE**, in advance, those parties from any and all liability whether known or unknown, even that liability which may arise out of negligence or carelessness on the part of persons or entities mentioned above. I agree to accept all responsibility for the risks, conditions and hazards which may occur whether they now be known or unknown. **I further agree to forever HOLD HARMLESS and INDEMNIFY** all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury or property damage, resulting in any way from my participating in competitive events or training for competitive events. I currently have, and I 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 identified above from providing this coverage for me. I agree that I will accept and abide by the rules and regulations of F.I.S. and any other rules or regulations imposed by the organizers of any particular competition. This Acknowledgement and Assumption of Risk and Release shall be binding upon my heirs and assigns.

**SIGN HERE** Signature of Parent/Guardian if competitor is under 18 years old

**X** \_\_\_\_\_ Date: \_\_\_\_\_

**PHOTOGRAPHY/VIDEO RELEASE:** I hereby grant absolute right and permission to Ski! Shell Lake to use photographs and video footage of me for illustration, promotion or advertising purposes. INITIAL HERE \_\_\_\_\_

Race	Type	Age - M / F	\$\$ (Check Races That You Will Ski)
A	2K Riverbrook Sprint	Open, Competitive Men	\$25 _____
B	2K Riverbrook Sprint	Open, Competitive Women	\$25 _____
C	2K Tim Reedy State Farm	High School	\$10 _____
D	2K Sqwincher Sprint	Youth / Casual Adult	\$10 _____
E	5K Riverbrook Sprint	Open, Competitive Men	\$25 _____
F	5K Riverbrook Sprint	Open, Competitive Women	\$25 _____
G	5K Spooner Health System	High School	\$10 _____
H	5K Sqwincher Sprint	Youth / Casual Adult	\$10 _____

**Multi-Race Discount:**

If High School Skiers race in both **C** and **G**, Total fee is **\$15**

If Youth or Casual Adults race in both **D** and **H**, Total fee is **\$15**

No Multi-Race Discount for the *Riverbrook* (Prize Purse) Races

**Total Fee For This Racer Is:** \_\_\_\_\_

**\*\* Above Fee is for Registration Post-Marked before March 2nd For Late / Onsite Registration, Add \$7 Per Race**

No refunds given under any circumstances. You may register online until March 4th.

**Make Checks Payable To:** SKI! SHELL LAKE **Mail To:** Ski! Shell Lake 700 East Lake Dr. Shell Lake, WI 54871

**For More Info: WWW.SKISHELLLAKE.COM or call David Swan - 715 205 4424**