

# LORNE MOUNTAIN CLASSIC SKI RACE

SATURDAY FEBRUARY 16<sup>th</sup> 2019

Lorne Mountain Community Centre  
Km 1 Annie Lake Road



| Year of birth | Category Female | Dist -km | Category Male | Dist -km |
|---------------|-----------------|----------|---------------|----------|
| -2014         | PreAtom-F       | 0.3      | PreAtom-M     | 0.3      |
| 2013          | Atom-F          | 0.3      | Atom-M        | 0.3      |
| 2013          | Atom-F          | 1.2      | Atom-M        | 1.2      |
| 2012          | Atom-F          | 1.2      | Atom-M        | 1.2      |
| 2011          | Atom-F          | 1.2      | Atom-M        | 1.2      |
| 2010          | Atom-F          | 1.2      | Atom-M        | 1.2      |
| 2009          | PeeWee-F        | 2        | PeeWee-M      | 2        |
| 2008          | PeeWee-F        | 2        | PeeWee-M      | 2        |
| 2007          | PeeWee-F        | 2        | PeeWee-M      | 2        |
| 2006          | Midget-F        | 5        | Midget-M      | 5        |
| 2005          | Midget-F        | 5        | Midget-M      | 5        |
| 2004          | Juvenile-F      | 5        | Juvenile-M    | 5        |
| 2003          | Juvenile-F      | 5        | Juvenile-M    | 5        |
| '02-'01       | Junior Girl-F   | 10       | Junior Boy-M  | 10       |
| '00-'88       | Open-F          | 10       | Open-M        | 10       |
| '87-'66       | MastersA-F      | 10       | MastersA-M    | 10       |
| 1965-         | MastersB-F      | 10       | MastersB-M    | 10       |

## Lorne Mountain Classic 2019 Entry Form

LAST NAME: \_\_\_\_\_

GIVEN NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

SKI CLUB: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Sex: F \_\_\_ M \_\_\_

CATEGORY/DIST (circle or print): \_\_\_\_\_

### ENTRY FEE:

|                           |         |
|---------------------------|---------|
| Open, Masters,            | \$25.00 |
| Peewee, Midget, Juvenile, |         |
| Junior                    | \$20.00 |
| Atom                      | \$15.00 |
| Pre atom                  | \$10.00 |
| Special O                 | no cost |

- Race Entry deadline:  
Wed. February 13th, 2019 6pm
- Cheques payable to LMCA or e - deposit
- Entry fees must be received with race form.
- Registrations received after the deadline will be subject to a \$5 surcharge

- Please read and sign both parts of race waiver. Thank you.

### CROSS COUNTRY CANADA INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

1. This is a binding legal agreement. As a participant in the sport of cross-country skiing and the programs, activities and events of **CrossCountryCanada** and **Canadian Snowsports Association** (hereinafter called **CCC/CSA**), Cross Country Yukon (CCY) and Lorne Mountain Community Association (LMCA) Ski Club which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:

**Description of Risks:** 2. The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by one or more of CCC/CSA, CCY and LMCA Ski Club, the **Parties** hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from: a) training whether indoor or outdoor including strength training, running, hiking, and cycling; b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts; c) vigorous physical exertion, rapid movements and quick turns and stops; d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces; e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects; f) failing to participate within one's abilities, skill and within designated areas; g) becoming lost or separated from the group or the group becoming split up; h) failure to properly use any piece of equipment

or from the mechanical failure of any piece of equipment; i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes; j) encounters with animals or plants including allergic reactions; k) travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and l) other risks normally associated with participation in the **Activities**: 3.

**Furthermore, the Parties are aware:** a) that injuries sustained may be severe, paralyzing or fatal; b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of CCC/CSA, CCY and LMCA Ski Club; c) that the risk of injury is reduced if the Participant follows all rules established for participation; and d) that the risk of injury increases as the Participant becomes fatigued.

**Disclaimer:** 4. In consideration of CCC/CSA, CCY and LMCA Ski Club allowing the Participant to participate, the **Parties** agree that CCC/CSA, CCY and LMCA Ski Club and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the **Activities** sanctioned by one or more of CCC/CSA, CCY and LMCA Ski Club, caused by the risks, dangers and hazards associated with the **Activities**.

**Acknowledgement:** 5. The **Parties** confirm that: a) the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of CCC/CSA, CCY and LMCA Ski Club; b) they have been provided sufficient information about **Activities** and the associated risks and hazards so that they are aware of the effect of this agreement; c) the Participant agrees to abide by the Rules and Regulations imposed by CCC/CSA, CCY and LMCA Ski Club, in association with the **Activities**, and to follow the instructions of the officials during the **Activities**; and d) they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the **Parties**, their heirs, executors, administrators and representatives.

6. In addition, the **Parties**: a) authorize CCC/CSA, CCY and LMCA Ski Club to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials,

and the posting of photographs, videos, articles, rosters, statistics, images and results on the CCC/CSA, CCY and LMCA Ski Club websites; b) grant permission to CCC/CSA, CCY and LMCA Ski Club to photograph and/or record the **Parties** image and/or voice, and to use this material to promote CCC/CSA, CCY and LMCA Ski Club through any form of and agree that the audio/visual material and copyright will remain the sole property of CCC/CSA, CCY and LMCA Ski Club and waive any claim to remuneration for use of audio/visual materials used for these purposes; and c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791.

Cross Country Canada will advise the implications of such withdrawal. **\*We do not sell or distribute your personal information to any other third party not listed herein.\***

**I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.**

\_\_\_\_\_  
Name Date

\_\_\_\_\_  
Signature:

**NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below.**

\_\_\_\_\_  
Name of Parent/Guardian: Date

\_\_\_\_\_  
Parent/Guardian Signature:

## **KEEP THIS PART OF FORM**

**Entry Forms may be picked up and dropped off at**

- Lorne Mountain Community Centre
- WCCSC (Ski Base at Mt Mac),
- Coast Mountain Sports
- Icycle Sports

Forms may also be printed out from <http://mountlorne.yk.net/skiing/>

### **And mailed to:**

Lorne Mountain Community Assoc.  
Box 10009,  
Whitehorse, Yukon Y1A 7A1

**Race Start:** 12 Noon

**Bib Pick up:** 10:30-11:45

### **Temperature Cut off:**

If the temperature is lower than -20°C, the CCY sanctioned race will be re-scheduled or cancelled –If the temperature is less than -15°C, the race for pre-Atom, Atom and PeeWee will be re-scheduled or cancelled. Skiers may tour the trails (at their own risk) – but no timing will be done. Check 667-7083 or <http://mountlorne.yk.net/skiing/>

### **Awards:**

At 2:30 at the Community Centre.

**Food:** Hot Lunch and goodies is **included in fee** for all racers and volunteers.

Lunch for **other** hungry souls possible at \$ 10 at door

**Skating!** The ice rink will be available for skating all day , as well as obstacle course for kids

**Race Rules:** CCY rules and regulations  
**Questions?**

Agnes Seitz 667-7083