



## GREY MOUNTAIN LIONS CLUB

YUKON RACE SERIES # 1 & 2  
DON SUMANIK MEMORIAL RACES  
Organised by Cross Country Yukon

### Arctic Winter Games Trials – must compete in both races

**November 26, 2011 – Classic Technique**

**November 27, 2011 – Free Technique**

(Backup dates: Classic Technique – Dec 3; Free Technique – Dec 4)

**Entry deadline:** Wednesday, November 23<sup>rd</sup> – 6:00 pm

**Draw dates:** Friday night before each race. (start list posted in wax room)

**Entry Fees\*:**

Juvenile and younger	\$ 10.00	per race
Junior & Open	\$ 15.00	per race

\*AWG registrants charged additional \$10 – added to athlete accounts if blue squad; coach will collect from other squads.

**Rules:** CCY rules and regulations.

**Temperature cutoff: Atoms and Pee Wees - 15C; Midget and older -20C**

Atoms & Peepees registered in squads will participate in regular squad activities if temp is below -15.

Race categories conform to Cross Country Canada's revised Competition Model. Information on the Competition Model and its relationship to Long Term Athlete Development guidelines can be found at [www.crosscountryyukon.com](http://www.crosscountryyukon.com) and [www.cccski.com](http://www.cccski.com).

**Awards for Atoms and Pee Wees on Saturdays after the race and all others at 2.30 pm on Nov. 27<sup>th</sup>:**

- ❖ Ribbons for top 3 finishers in Atom, Pee Wee, Midget, Juvenile, Junior, participation for Atoms- & Pee Wees
- ❖ Don Sumanik Memorial trophies - male/female for the fastest combined times for two races, in the longest race distance.

**Facilities:** Change rooms, showers, saunas, waxing & social areas downstairs in Mt-McIntyre Rec Centre.

**Chief of Race:**

Classic Race	Bruce McLean
Free Technique Race	Afan Jones

**Technical Delegate:** Claude Chabot      **Chief of Course:** Mike Kramer

**Timing & Results:** Beth Hawkings      **Chief of Stadium;** Kurt Dieckmann

**Race Secretary:** Jan Milner/Susan Tinevez

## GREY MOUNTAIN LIONS CLUB #1-2 – DON SUMANIK MEMORIAL

**November 26: CLASSIC TECHNIQUE  
MASS START (grouped by Category).  
First Start 12:30 pm.**

Year of birth	Male Category	Male Distance	Female Category	Female distance
2006	Atom	1 x 1 km	Atom	1x 1 km
2005	Atom	1 x 1 km	Atom	1 x 1 km
2004	Atom	1 x 1 km	Atom	1 x 1 km
2003	Atom	1 x 1 km	Atom	1 x 1 km
2002	Pee-Wee	2 x 1 km	Pee-Wee	2 x 1 km
2001	Pee-Wee	2 x 1 km	Pee-Wee	2 x 1 km
2000	Pee-Wee	2 x 1 km	Pee-Wee	2 x 1 km
1999* Midget	Pee-Wee	1 x 3.5 km	Midget 1	1 x 3.5 km
1998* Midget	Midget 1	1 x 3.5 km	Midget 2	1 x 3.5 km
1997* Juvenile	Midget 2	1 x 5 km	Juvenile 1	1 x 5 km
1996* Juvenile	Juvenile 1	1 x 5 km	Juvenile 2	1 x 5 km
1995* Junior	Junior Boy 1	1 x 5 km	Junior Girl 1	1 x 5 km
1994* Junior	Junior Boy 2	1 x 5 km	Junior Girl 2	1 x 5 km
1993	Junior Male 1	1 x 5 km	Junior Female 1	1 x 5 km
1992	Junior Male 2	1 x 5 km	Junior Female 2	1 x 5 km
1991/90/89	Open Men U23	1 x 5 km	Open Women U23	1 x 5 km
1988 & earlier	Open Men	1 x 5 km	Open Women	1 x 5 km

**\* Eligible for Arctic Winter Games Trials**

**November 27: FREE TECHNIQUE  
INDIVIDUAL START.  
First Start 12:30 pm**

Year of birth	Male Category	Male Distance	Female Category	Female distance
1999* Midget	Pee-Wee	1 x 3.75 km	Midget 1	1 x 3.75 km
1998* Midget	Midget 1	1 x 3.75 km	Midget 2	1 x 3.75 km
1997* Juvenile	Midget 2	2 x 3.75 km	Juvenile 1	1 x 5 km
1996* Juvenile	Juvenile 1	2 x 3.75 km	Juvenile 2	1 x 5 km
1995* Junior	Junior Boy 1	2 x 3.75 km	Junior Girl 1	1 x 5 km
1994* Junior	Junior Boy 2	2 x 3.75 km	Junior Girl 2	1 x 5 km
1993	Junior Male 1	2 x 3.75 km	Junior Female 1	1 x 5 km
1992	Junior Male 2	2 x 3.75 km	Junior Female 2	1 x 5 km
1991/90/89	Open Men U23	2 x 3.75 km	Open Women U23	1 x 5 km
1988 & earlier	Open Men	2 x 3.75 km	Open Women	1 x 5 km

**\* Eligible for Arctic Winter Games Trials**

Maps will be posted in the wax room prior to the event. It is the responsibility of the skiers to make sure they know each race course and the stadium layout prior to the start of the race.

# GREY MOUNTAIN LIONS CLUB #1-2 – DON SUMANIK MEMORIAL

## ENTRY FORM

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

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

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

DATE OF BIRTH: MONTH: \_\_\_\_\_ DAY: \_\_\_\_\_ YEAR: \_\_\_\_\_

CATEGORY: \_\_\_\_\_ SEX: F M

ENTER ME FOR: FREE TECHNIQUE \_\_\_\_\_ CLASSIC TECHNIQUE \_\_\_\_\_

AWG TRIALS – check box (must compete in both races)  (1999-1994 YOB only)

PAYMENT: FREE TECHNIQUE \$ \_\_\_\_\_ CLASSIC \$ \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

Entry fees must be received with race entry form at the Ski Base - Visa/MasterCard/Debit/Cash payment accepted, or make cheques payable to Cross Country Yukon.

### PARTICIPANT INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

Name of Event: Don Sumanik Memorial Ski Races

Event Date(s): November 26 & 27, 2011 (Backup dates: Classic – Dec. 3; Free Technique – Dec 4)

### CROSS COUNTRY CANADA

By signing this document you will assume certain risks. Please read carefully.

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of **Cross Country Canada and Canadian Snowsports Association** (hereinafter called **CCC/CSA**), Cross Country Yukon (name of Ski Division, hereinafter called the **Division**) and Whitehorse Cross Country Ski Club (name of Club, hereinafter called **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**, the **Division** and the **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**, the **Division** and the **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**, the **Division** and the **Club** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **CCC/CSA**, the **Division** and the **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**, the **Division** and the **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**, the **Division** and the **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**, the **Division** and the **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**, the **Division** and the **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**, the **Division** and the **Club** websites;
- b) grant permission to **CCC/CSA**, the **Division** and the **Club** to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA**, the **Division** and the **Club** through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, the **Division** and the **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: _____
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**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: _____
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