

2nd Annual
THE SHELL LAKE SPRINT
CROSS-COUNTRY SKI RACE

Shell Lake, WI

Saturday, Feb. 19 at the Red Barn Ski Trails - Red Barn Campground - Hwy B (2 miles east of Shell Lake)
Late Registration / Bib Pick Up - at least 60 minutes before your race

Skier's
 FIRST NAME _____ LAST Name _____

Ski Technique Skate Classic If Under 18 Parent - Guardian 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	\$\$ (Check Races You Will Ski)
A	2K <i>New Moon Ski Shop</i> Elite Sprint	Open (multiple divisions based on age, sex, skate, classic)	\$20 _____
B	2K <i>Shell Lake Marine High School</i> Sprint	High School (Boy's and Girl's divisions)	\$10 _____
C	2K <i>Spooner Health System</i> Youth Sprint	Grades 1 - 8 (multiple divisions based on grade and sex)	\$10 _____
D	5K <i>New Moon Ski Shop</i> Elite 5K	Open (multiple divisions based on age, sex, skate, classic)	\$20 _____
E	5K <i>Squawcher Middle / High School</i> 5K	Grades 5 - 12 (Boy's and Girl's divisions)	\$10 _____
F	10K <i>New Moon Ski Shop</i> Elite 10K	Open (multiple divisions based on age, sex, skate, classic)	\$20 _____
G	1K <i>Shell Lake Clinic</i> Quick K Youth Sprint	For all H.S. and younger.	\$5 _____
H	2K or 5K <i>Tim Reedy State Farm</i> Family Fun Race	For all Casual and Family Skiers. All families will receive a Race Plaque for participating.	\$10 - racer, max of \$20 for Family _____
I	200 meters <i>McDonald's</i> Super Sprint	For all H.S. and younger. Each time you race, you get a coupon for a Fruit & Maple Oatmeal and a Chicken Snack Wrap!	\$1, Pay at Race site.

I would like a souvenir Shell Lake Sprint t-shirt. (\$6) Youth S M L
 Adult S M L XL XXL \$6 _____

TOTAL FEE FOR THIS RACER IS _____

***** Above Fee is for Registration Post-Marked before Feb 13. For Late or On-Site Registration, add \$7 per Race.**

No Refunds given under any circumstances. You may Register On-Line until Feb. 15.

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 715 205 4424

2nd Annual
THE SHELL LAKE SPRINT
CROSS-COUNTRY SKI RACE

Shell Lake, WI
Saturday, Feb 19

What: *The Shell Lake Sprint* is a unique cross-country ski race for youth and adults with 2k, 5k and 10k sprint races and special youth mini-sprints.

Where: Held at the Red Barn Ski Trails - Red Barn Campground. 2 miles east of Shell Lake on Hwy B

Why: 100% of the proceeds of the race will go towards supporting youth skiing, local ski trails and grooming equipment. *Skii 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 have both Classic and Skating Divisions, Age Category and Male/Female Divisions

EACH RACER WILL RECEIVE A \$10 GIFT CERTIFICATE TO NEW MOON SKI SHOP !!!

Race	Age	Time	Details
2k <i>New Moon Ski Shop Elite Sprint</i> **	Open (multiple divisions)	10 am	See Prize Info Below
2k <i>Shell Lake Marine High School Sprint</i>	High School (Boy's and Girl's divisions)	10:20	Waves for Boys / Girls
2k <i>Spooner Health System Youth Sprint</i>	Grades 1 - 8 (multiple divisions)	10:40	Waves by Age
5k <i>New Moon Ski Shop Elite 5k</i> **	Open (multiple divisions)	11:15	See Prize Info Below
5k <i>Sqwincher Middle / High School 5k</i>	Grades 5 - 12 (Boy's and Girl's divisions)	11:50	Waves for Boys / Girls
10k <i>New Moon Ski Shop Elite 10k</i> **	Open (multiple divisions)	12:30	See Prize Info Below
1K <i>Shell Lake Clinic Quick K Youth Sprint</i>	For all H.S. and younger.	1:45	Age-Group Awards
2k or 5k <i>Tim Reedy State Farm Family Fun Race</i>	For all Casual and Family Skiers	2:00	Race as a Family or Individual
200 meters <i>McDonald's Super Sprint</i>	For all H.S. and younger.	11 - 1 PM	See Prize Info Below

**** NEW MOON SKI SHOP ELITE RACES ****

For the competitive racer.

- Each race has 100% Payout in the form of gift certificates from New Moon Ski & Bike Shop.
- Example: If there are 25 racers in the 2k Elite Sprint (\$500 in race fees) - winner receives 50% (\$250 gift certificate), 2nd place 30% (\$150 gift certificate), 3rd place 15% (\$75 gift certificate), 4th place 5% (\$25 gift certificate).
- If there are at least 10 racers in an age group (under 30, 31-40, 41-50, 51+) there will be age-group divisions.
- There will be separate divisions for Men & Women and Skate & Classic.

McDonald's Super Sprint

For High School and Younger. \$1 per race, pay at race site. 200 meter oval with fun obstacles. You may enter a max of 10 times. From 11 - 1 PM. Each time you race, you get a coupon for a free Fruit & Maple Oatmeal and a Chicken Snack Wrap. -- Awards for top age group winners.

Race Fees:

\$20 for *New Moon Ski Shop Elite Races*

\$10 for all other races. For the *Tim Reedy State Farm Family Fun Race*, if you have a family of 2 or more, total race fee is only \$20.

***** Above Fee is for Registration Post Marked before Feb 13.**

For Late or On-Site Registration, add \$7 per Race.

No Refunds given under any circumstances. You may Register On-Line until Feb. 15.

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 715 205 4424