

Central Cross Country Skiing WEST ITASCA OPENER/JOQ at RAINBOW RESORT, WAUBUN, MN
Midwest Junior Olympic Qualifier/Collegiate, Citizen, High School, Youth Races
Hosted by RAINBOW RESORT, WAUBUN, MN

Location: RAINBOW RESORT, 23 miles east of Waubun, MN (see maps & direction at www.rainbowresort.com)

Dates: Sat, Jan.12- Sun. Jan. 13, 2008

Race open to: OJ, J1, J2, J3, J4, College, Citizen, Youth. All skiers who are not CXC members and not competing in the JOQ category, can race in the Citizen, Youth, or High School categories.

Entry fees: JOQ racers-\$35 one race; \$45 two races; Citizen racers - \$25 per race; J3/J4 & HS -\$10 per race; coaches -- \$20 per race; Youth (under age 11) -- \$5 per race

Registration Deadline: **Midnight Tuesday Jan. 8, 2008** for entry form to be received (Except citizen & youth)

Accommodations: On-site lodging for skiers, teams and coaches available at RAINBOW RESORT (the race headquarters resort providing on-site race courses) but on a first-reserve first-serve basis. Reservation line: (218)734-2241 or 1-888-734-1140. www.rainbowresort.com, early registration lodging rates are available.
 Other hotel accommodations contact off-site resorts, e.g. Maplelag resort, Hoot Owl Resort, Park Rapids Chamber of Commerce, or Detroit Lakes Chamber of Commerce.

Tentative Race Schedule

Tues. Jan. 8 Last day for both online and mail in registration to be received.
NO RACE DAY REGISTRATION!! (EXCEPT FOR CITIZENS AND YOUTH)

Thurs. Jan. 10 Registration lists for all races posted at www.cxcskiing.org and <http://www.rainbowresort.com/joq/index.html>

Fri. Jan. 11 1:00 – 5:00 pm Official course inspection for both days, best line classic track set.

Sat. Jan. 12

7:30 - 11:30 am	Bib pick up, RAINBOW RESORT Registration Building
9:30 am	1.5 km Classic Sprint Interval Start Women- OJ, J1, J2 (MW JOQ)
10:15 am	1.5 km Classic Sprint Interval Start Men- OJ, J1, J2 (MW JOQ)
11:00 am	5 km Classic Citizen/High School, College Interval start
NOON-3:00	1.5 km Classic Sprint Heats begin Flower ceremony following each A final heat
3:00 pm	J3/J4 Boys followed by J3/J4 girls
3:15 pm	Youth 1km
3:00 - 5:00 pm	Course Inspection 5km Free

Sun, Jan. 13

7:30 - 11:30 am	Bib pick up, RAINBOW RESORT Registration Building
9:30 am	10 km Skate Interval Start Men-OJ, J1
10:45 am	5 km Skate Interval Start Women-OJ, J1
11:30 am	5 km Interval Start J2-Boys, Girls, High School
12:30 pm	10 km Interval Start Skate Citizen, College
1:30 pm	Youth 1km
2:00pm	AWARDS

Junior Age Groups: Year of birth: OJ-'88-'89; J1-'90-'91; J2-'92-'93; J3-'94-'95; J4-'96-'97

Citizen Age groups: 5 year age groups

High School category: 7-12 grade

Registration: Online- www.midwestevents.com, www.cxcskiing.org, or www.rainbowresort.com or by mail entry form with payment and payable to RAINBOW RESORT, and mailed to ATTN: Amy Xu c/o Race Registration, RAINBOW RESORT, 36571 County Highway 35, Waubun, MN 56589.

Directions to RAINBOW RESORT: see maps and directions on www.rainbowresort.com or call 1-888-734-1140.



Entry Form

**Central Cross Country Skiing WEST ITASCA OPENER/JOQ at
RAINBOW RESORT, WAUBUN, MN
Midwest Junior Olympic Qualifier/Collegiate, Citizen, High School, Youth Races**

Last Name: _____ First Name: _____ Sex: M F

Address: _____

City, State, Zip: _____

Phone: _____ E-mail: _____ Birthday(dd/mm/yyyy) _____

Category: J4 J3 J2 J1 OJ College Coach Citizen High School

Race: **Sat. 1/12/08** Classic 1.5 km Sprint (MW JOQ) J3/J4 Youth

Classic Race – 5km

Sun. 1/13/08 Freestyle Race 5/10km - (MW JOQ) or High School J3/J4 Youth

Freestyle Race 10km-Citizen, College

Club or Team: _____ USSA # _____ (if applicable) CXC SKING # _____ (if applicable)

Entry fees: JOQ racers \$35 one race; \$45 two races; -\$45 for the weekend, and \$35 for one race;
J3 & J4 and High School* -\$10 each race
Citizen* racers -- \$25 per race;
Coaches* -- \$20 per race
Youth (under age 11) -- \$5 per race

*Note: \$5 discount per racer if he or she brings a volunteer or he or she signs up as a volunteer (see volunteer form on <http://www.rainbowresort.com/joq/index.html>)

Registration forms and CXC Skiing membership applications can be found at www.cxcskiing.org

Preferred payment: Register online with credit card payment at www.midwestevents.com, link from www.cxcskiing.org, or link from <http://www.rainbowresort.com/joq/index.html>. All JOQ competitors need a CXC membership. ALTERNATE

REGISTRATION BY MAIL: Mail completed form and payment to: ATTN: Amy Xu c/o Race Registration, RAINBOW RESORT, 36571 County Highway 35, Waubun, MN 56589.

For further race information, contact:

Amy Xu, Chief of Competition 612-991-4912, xu.amy@dorsey.com

Doug Schumann, Chief of Course 218-734-2241

Melinda Silbernick, Race Secretary and Assistant Chief of Competition, xu.amy@dorsey.com, 612-991-4912.

CENTRAL CROSS COUNTRY SKIING

Central Cross Country Skiing (“CXC Skiing”) is recognized by the United States Ski and Snowboard Association (“USSA”) as the sole Regional Organization governing cross country skiing in the 10 state Central Region of the United States. CXC Skiing provides an organization which enables athletes, coaches and officials to achieve excellence in cross country skiing through: EDUCATION, COOPERATION, COMMUNICATION, and COMPETITION. CXC Skiing oversees youth programs; supports the Junior Olympic Qualifying system, Central Collegiate Ski Association, and Senior/Master skiing; provides athletes’, coaches’ and officials’ education; coordinates competitions; trains Olympic caliber athletes; and is the Midwest pipeline to the US Ski Team. CXC is a 501c3 non profit corporation and gratefully accepts tax deductible donations for program enhancement from all sources. Membership information on CXC Skiing is available at www.cxcskiing.org

WAIVER

UNITED STATES SKI AND SNOWBOARD ASSOCIATION

ASSUMPTION OF RISK AND RELEASE OF LIABILITY – READ CAREFULLY BEFORE SIGNING

I understand that skiing and snowboarding in their various forms, as well as preparation for participation in, coaching, volunteering, officiating and related activities in alpine, nordic, freestyle, disabled, and snowboarding competitions and clinics (hereinafter collectively referred to as “Activities”), involve many **RISKS, DANGERS and HAZARDS**.... These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and man-made obstacles and structures, equipment failure, collisions with objects or structures, being struck by skiers/riders or equipment, and exceeding one's own abilities. I further understand that ski and snowboard training and competition may be more hazardous than recreational skiing and snowboarding. I understand that **INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE of the Activities**.

I know that the risk of **SEVERE INJURY** and even **DEATH** exists in all training and competition locations and activities, including free skiing and riding. I also know that personal training, coaching, instruction, supervision and enforcement of rules by the

United States Ski & Snowboard Association, its subsidiaries, affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, local ski clubs, competition organizers and sponsors, and ski and snowboard facility operators (hereinafter the term "USSA" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety. **(CONTINUES ON THE BACK)**

With full knowledge and understanding of the **RISK OF SEVERE INJURY AND DEATH** involved in ski and snowboard training and competition, **I FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES**, even if I follow the instructions or advice of USSA.

In partial consideration of USSA's acceptance of my membership application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter "Member") agrees to comply with and be bound by the following terms at all times, whether training or practicing for competition, or in competition.

1. Member hereby unconditionally **WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY USSA (as defined above) FROM ANY CLAIMS**, present or future, to Member or his/her property, or to any other person or property, for any loss, damage, expense, or injury (including **DEATH**), suffered by any person from or in connection with Member's participation in any Activities in which USSA is involved in any way, due to any cause whatsoever, **INCLUDING NEGLIGENCE** and/or breach of express or implied warranty on the part of USSA. Member's sole remedy in the event of any injury shall be compensation for medical expenses under the USSA secondary accident insurance program (unless Member waives such coverage by executing a Medical Exception Agreement).
2. Member hereby **RELIEVES USSA OF ANY DUTY TO PROTECT MEMBER FROM HARM** in connection with any Activities in which USSA is involved in any way.
3. Member authorizes USSA to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of USSA, medical attention is required and Member is unable to make such decisions for himself/herself. Member agrees to pay all costs associated with such medical care and related transportation and shall **DEFEND, INDEMNIFY AND HOLD HARMLESS** USSA of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care.
4. Member agrees never to utilize any run, course or facility for any training, practice or competition without first conducting his/her own thorough visual inspection of the run, course or facility.
5. This Agreement shall be construed in accordance with, and governed by the substantive laws of, the State of Utah, without reference to principles governing choice or conflicts of laws. In addition, Member agrees that all lawsuits for personal injury or related loss against USSA must be maintained in state courts sitting in Summit County, Utah or federal district courts sitting in the District of Utah, Central Division and Member consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable.

HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, MEMBER SIGNIFIES HIS ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

<p>MEMBER Signature: _____ Date of Birth: _____ Printed name: _____ Date Signed: _____</p>

SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR MINOR* MEMBERS**

As the parent or guardian of the minor Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns. I intend to give up my right, the Member's right, and the right of any other parent or guardian to maintain any claim or suit against USSA arising out of the Member's participation in any Activities involving USSA in any way. I believe and represent that **I HAVE LEGAL AUTHORITY TO MAKE THESE AGREEMENTS, REPRESENTATIONS, WAIVERS AND RELEASES, AND I AGREE TO DEFEND AND INDEMNIFY USSA** from and against any and all liability arising out of any lack of authority on my part to legally bind the Member, or any unenforceability for any reason of the above agreements, representations, waivers and releases made by or on behalf of the Member.

arent or guardian's signature _____

Printed name _____

Date _____

*** Member is considered a "Minor" if he/she is under twenty-one (21) years of age and resides in Alabama, Mississippi, Nebraska, Pennsylvania, West Virginia or Wyoming, or if he/she is under eighteen (18) years of age and resides in any other state. In the event that Member is under twenty-one (21) years of age and chooses to compete in Alabama, Mississippi, Nebraska, Pennsylvania, West Virginia or Wyoming despite residing elsewhere, then the laws of Member's home state shall govern in determining Member's legal capacity to execute this Agreement.