



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.3, Sun. Jan. 4, 2009
- Race open to:** OJ, JI, J2, J3, J4, College, Citizen, HS, 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; college -\$15 per race; Youth (under age 11) -- \$5 per race
- Registration Deadline:** **Midnight Tuesday Dec. 30, 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 headquarter resort providing on-site race courses) on a first-reserve first-serve basis. Reservation line/lodging rates: (218)734-2241 or 1-888-734-1140. www.rainbowresort.com
Other hotel accommodations: contact off-site resorts, e.g. Maplelag Resort, Hoot Owl Resort, Ice Cracking Resort.

Tentative Race Schedule

- Tues. Dec. 30** **Last day** for online registration (OJ, J1, J2, J3, J4 categories must register on-line).
NO RACE DAY REGISTRATION!! (EXCEPT FOR High School, College, Coach, Citizen, and Youth)
- Thurs. Jan. 1** Registration lists for all races posted at www.signmeup.com/cxcskiing and www.rainbowresort.com/joq
- Fri. Jan. 2** 1:00 – 5:00 pm Official course inspection for both days, best line classic track set.
- Sat. Jan. 3**
- | | |
|-----------------|--|
| 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, J3J4 (MW JOQ) |
| 10:15 am | 1.5 km Classic Sprint Interval Start Men- OJ, J1, J2, J3J4 (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 | One Final Heat J3/J4 Boys followed by J3/J4 girls |
| 3:15 pm | Youth 1km |
| 3:00 - 5:00 pm | Course Inspection 5km Free |
- Sun, Jan. 4**
- | | |
|-----------------|--|
| 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 | J3J4 3km followed by Youth 1km |
| 2:00pm | AWARDS |
- Junior Age Groups:** Year of birth: OJ-'89-90; J1-'91-92; J2-'93-94; J3-95-96; J4-97-98
- Citizen Age groups:** 5 year age groups
- High School category:** 7-12 grade

Registration: Online- www.signmeup.com/cxcskiing or linked from www.rainbowresort.com/joq (OJ, J1, J2, J3, J4 categories must register on-line by midnight of Dec. 30, 2008) 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.



Entry Form

CXC - WEST ITASCA® OPENER/JOQ

at

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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 Youth

Race: **Sat. 1/3/09** Classic 1.5 km Sprint - MW JOQ **High School** J3/J4

Youth 1km

Classic 5km -Citizen, College, **Coach**

Sun. 1/4/09 Freestyle 5/10km - MW JOQ High School J3/J4

Youth 1km

Freestyle 10km - Citizen, College, **Coach**

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

Entry fees: J1, J2, OJ- \$35 one race; \$45 two races (register on-line only)

J3 & J4 - \$10 per race

High School* -- \$10 per race

College* -- \$15 per race

Citizen* -- \$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/jog>

CXC Skiing membership on line applications can be found through membership at www.signmeup.com/cxcskiing All athletes competing for JOQ points must have a CXC membership prior to the event.

Preferred payment: Register online with credit card payment at www.signmeup.com/cxcskiing 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. Mail registration must be received by Dec. 30, 2008. 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, rainbowresort@arvig.net

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

CENTRAL CROSS COUNTRY SKI ASSOCIATION

Central Cross Country Ski Association ("CXC") 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 provides an organization which enables athletes, coaches and officials to achieve excellence in cross country skiing through: EDUCATION, COOPERATION, COMMUNICATION, and COMPETITION. CXC 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

**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.

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 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 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.
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. Member also authorizes disclosure of protected medical information necessary to provide, coordinate or manage member's healthcare consistent with the dictates of HIPAA and to the extent that such use or disclosure is required by law.
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 Colorado, 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:

MEMBER (IF OVER AGE 18)

Signature: _____ Date of Birth: _____

Printed name: _____ Date Signed: _____

SIGNATURE OF PARENT OR GUARDIAN REQUIRED FOR MEMBERS UNDER THE AGE OF 18

As the parent or guardian of the minor child 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. By affixing my signature below I represent that I intend to give up my right, the right of the Member, 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 further agree to hold harmless, defend, and indemnify USSA of and from any claims from third parties arising from the minor child Members' participation in any activities affiliated with USSA.

Parent or guardian's signature _____

Printed name _____ Date _____

Applicant's Name (Please Print) _____ **2008/2009**