

RACE NOTICE

2007 COAST CUP #1

Be Part of Callaghan Valley's First Race Ever!

DATE: Saturday, December 15, 2007

RACE LOCATION: Nordic Centre at Callaghan Valley, B.C.
(see <http://www.boldtracks.com/venue.php?page=transportation>)

HOSTING CLUB: Hollyburn Jackrabbit Ski Club (supported by the Nordic Racers)

RULES: CCC rules and regulations.

INFORMATION:

Chief of Competition:	Dirk Rohde	604-942-6410
Competition Secretary:	Laurie Dusik	604-272-3484
Chief of Timing:	Janice Tedstone	604-874-2016
Chief of Course:	Michael Johnston	604-925-4520
Chief of Stadium:	Jamie Stirling	604-219-3332

ELIGIBILITY: Skiers must be members of a sanctioned Canadian Nordic ski club. If necessary, entrants can sign up online with the Nordic Racers Ski Club at https://www.sporg.com/registration?link_type=org_info&org_id=940.

This race is designed to appeal to racers of all levels, from children and their parents just starting out to advanced racers.

LICENCES: No licence required.

RACE ENTRIES:

ONLINE: Access www.zone4.ca and locate this event in the online registration section and enter your information. Credit card payment is required. **Check the Zone4 confirmation list for this event (available from the online registration section of Zone4) to be sure that you have registered correctly.**

BY MAIL: Coast Cup #1
c/o Laurie Dusik
9273 Ryan Crescent
Richmond, BC
V7A 2H1
Make cheques payable to Hollyburn Jackrabbit Ski Club
(Please confirm receipt by phone 604-272-3484)

BY FAX: 604-681-8930 (Attn: Laurie Dusik)
(Please confirm receipt by phone 604-272-3484)

- DEADLINE:** Entries must be received by Wednesday, December 12, 2007 at 9:00 p.m.
NO LATE ENTRIES WILL BE ACCEPTED
- DRAW:** Friday, December 14, 2007, at www.zone4.ca
- START LISTS:** Start lists for Saturday's event will be posted Saturday morning after 8:30 a.m. near the race office where you check in to pick up your bib.
- BIB PICKUP:** Bib pickup for the race will be at the race office between 9:00 a.m. and 10:15 a.m. on Saturday, December 15, 2007. **Bibs must be picked up by 10:15 a.m.**
- AWARDS:** An awards ceremony will be held on site following the race. Awards will be presented to the first three in each category from Pee Wee up. There will be participation awards for all Atoms.
- FACILITIES:** Washrooms and warming hut nearby. Note, some facilities will still be under construction and unavailable for use but trailers have been brought in as temporary replacements.
- WAXING:** Waxing area available with electrical outlets. No fluorocarbons permitted in enclosed buildings.
- WARM UP/
WAX TESTING:** Warm up area will be available in the vicinity of the start/finish.
- COURSES:** A course map will be posted online as soon as the course has been finalized. Check the "What's New" box at <http://www.jackrabbits.ca/club.asp> for the link to the map.
- CONCESSION:** A small concession providing items like coffee, some drinks and food items will be available.
- ACCOMMODATION:** Hotels are available in nearby Squamish and Whistler. Full listings are available at <http://www.boldtracks.com/venue/Squamish%20Accommodation%20Options.pdf>.

RACE SCHEDULE

Date: Saturday, December 15, 2007. Coast Cup #1.

INTERVAL START – FREE TECHNIQUE

Location: Nordic Centre at Callaghan Valley, B.C.

Time: 11:00 a.m.

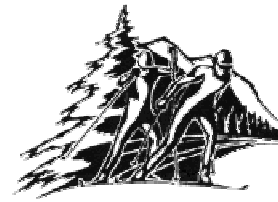
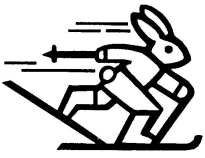
Category	Age as of Dec. 31, 2008	Year Born	Distance (km)	Fee*
ATOMS	8 & under	2000 & later	0.7	\$ 6.00
PEE WEE	9 & 10	1998 - 1999	1.0	\$15.00
MINI MIDGET	11 & 12	1996 - 1997	2.0	\$15.00
MIDGET	13 & 14	1994 - 1995	4.0	\$15.00
JUVENILE	15 & 16	1992 - 1993	4.0	\$18.00
JUNIOR B&G	17 & 18	1990 - 1991	6.0	\$18.00
JUNIOR M&W	19 & 20	1988 - 1989	6.0	\$18.00
OPEN	21 & older	1987 & earlier	6.0	\$18.00
OPEN ADAPTIVE SIT-SKI	21 & older	1987 & earlier	2.5	\$18.00
OPEN ADAPTIVE STANDING	21 & older	1987 & earlier	5.0	\$18.00

***Fee includes trail ticket**

SEPARATE EVENTS FOR MALES AND FEMALES IN EACH CATEGORY EXCEPT ATOMS

Entry Details

- Race entry fee includes a trail ticket for the day.
- Exact race distances to be determined; course subject to change pending weather conditions.



EVENT PARTICIPANT WAIVER

Name of Activity: 2007 Coast Cup #1

Date of Activity: December 15, 2007

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called CCC), **Cross Country BC** (hereinafter called CCBC), **HOLLYBURN JACKRABBIT SKI CLUB** (hereinafter called the Club), and the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Games (hereinafter called **VANOC**) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **CCC, CCBC, the Club and VANOC**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of **CCC, CCBC, the Club and VANOC**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of **CCC, CCBC, the Club and VANOC**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I am aware that the sport of cross country skiing and racing involves certain danger and risks, including, but not limited to collision with natural and manmade objects and with other skiers and spectators and falling at high speed while racing or training and I freely accept and fully assume all such dangers and risks and the possibility of personal injury, death, property damage or loss resulting there from. I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as to whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge and agree to assume all risks associated with not obtaining such examination, or if I do obtain an examination and am instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by **CCC, CCBC, the Club and VANOC** of any materials containing my name or picture, and I release to **CCC, CCBC, the Club and VANOC** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this Waiver of Liability with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by **CCC, CCBC, the Club and VANOC**, and to follow the instructions of the officials during the event.

Adult Participant Release and Waiver

As a participant in the **Coast Cup #1**, I have read and understand the contents and intent of this waiver:

Name _____ Date _____

Signature _____

Witness Signature _____ Date _____

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the legal age of 19, I have read and understand the release of liability and assumption of risk agreement set out above in consideration of my child/ward and agree to the same on his/her behalf.

Name of Parent/Guardian _____

Signature of Parent or Guardian _____ Date _____

Witness Signature _____ Date _____