



Blow Me Down Trails  
P.O. Box 592  
Lundrigan Drive  
Corner Brook, NF  
A2H 6G1  
Phone (709) 639-2754  
Fax (709) 639-2902  
[Info@blowmedown.ca](mailto:Info@blowmedown.ca)  
[www.blowmedown.ca](http://www.blowmedown.ca)

**2010 CANADIAN MASTERS  
CROSS COUNTRY SKI CHAMPIONSHIPS**

March 7 – March 13, 2010

Hosted by the Blow Me Down Cross Country Ski Club

**Club Information:**

The Blow Me Down Cross Country Ski Club is located at Blow Me Down Trails, in the city of Corner Brook, Newfoundland, approximately 10-15 minutes from downtown. Corner Brook can be accessed by car via the Marine Atlantic ferry from North Sydney, Nova Scotia to Port aux Basque. By air, it is approximately 40 minutes from the Deer Lake airport where regular flights to and from the mainland originate.

The club maintains a 40 kilometre network of trails that offer skating and classic skiing to it's over 800 annual members and thousands of day users. The trails offer challenging terrain and beautiful scenery. The Blow Me Down Cross Country Ski Club looks forward to hosting the 2010 Canadian Masters Championships. For more information visit, [www.blowmedown.ca](http://www.blowmedown.ca).

**Organizing Committee:**

**Chief of Organizing Committee: Keith Payne**

**Chief of Competition: Gordon Brewer**

**Chief of Course: Gord Casey**

**Race Secretary: Marion Casey**

**Host Hotel: Greenwood Suites**

**Eligibility:** Open only to members of the Canadian Masters Cross Country Ski Association. For membership information go to [www.canadian-masters-xc-ski.ca](http://www.canadian-masters-xc-ski.ca).

## Event Schedule

There will be four days of competition, a meet and greet social, a kitchen party / fun night at the host club and a closing banquet. The proposed schedule is as follows:

Sunday, March 7	<b>4:00 – 6:00 PM</b> Registration and Meet & Greet Social BMD Chalet
Monday, March 8	<b>11:00 AM – 11:42 AM</b> <b>9:22 AM</b> BMD Chalet
Tuesday, March 9	<b>9:00 AM – 9:00 PM</b> Trails Open
Wednesday, March 10	<b>11:00 AM</b> 10 Km. Free Technique
Thursday, March 11	<b>11:00 AM</b> 10 Km. Classic  <b>7:00 PM</b> BMD Chalet
Friday, March 12	<b>9:00 AM – 9:00 PM</b> Trails Open
Saturday, March 13	<b>11:00 AM</b> Long Distance 12 - 21 Km. Free Technique  <b>7:00 PM</b> Evening banquet and closing ceremonies.

**\*Note: Complimentary day passes will be provided for Sunday, Tuesday and Friday skiing.**

## Post Race Refreshments

A complimentary lunch consisting of soup or chili, roll, tea or coffee will be provided to all competitors after each race.

## Start Times

Complimentary day passes will be provided for Sunday, Tuesday and Friday skiing.

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## Race Distances and Categories

Age class is determined by your birthday as of December 31, 2009

L/M 01 = 1979 - 1975	L/M 05 = 1959 - 1955	L/M 09 = 1939 - 1935
L/M 02 = 1974 - 1970	L/M 06 = 1954 - 1950	L/M 10 = 1934 - 1930
L/M 03 = 1969 - 1965	L/M 07 = 1949 - 1945	L/M 11 = 1929 - 1925
L/M 04 = 1964 - 1960	L/M 08 = 1944 - 1940	L/M 12 = 1924 & older

Date	Ladies: 01 - 08 Men: 01 - 09	Ladies: 09 - 12 Men: 10 - 12
Monday, 08	20 km CL	15 km CL
Wednesday, 10	10 km Free	10 km Free
Thursday, 11	10 km CL	10 km CL
Saturday, 13	21 km Free	12 km Free

## Registration Information

Entries will be received by mail or online through Zone 4; the preferred method. **The cost will be \$20 per race.** The Thursday night Kitchen Party will be free and complimentary refreshments will be served.

### **ENTRY DEADLINES: NO EVENT DAY REGISTRATION**

The entry deadline will be 12:00 noon, Newfoundland time on Saturday, March 6, 2010 for race and banquet confirmation. There will be a limited number of banquet spots held over; however, confirmation guarantees a spot.

### **Mail Option:**

Blow Me Down Trails  
P. O. Box 592  
Lundrigan Drive  
Corner Brook, NL  
A2H 6G1

Make cheques payable to Blow Me Down Cross Country Ski Club

## **Zone 4 Option:**

Participants can register on line at [zone4.ca](http://zone4.ca) and follow the prompts.

## **Race Office**

Race packages and bibs will be available for pickup at the race office which will be located at the Blow Me Down Cross Country Ski Club. **Waivers must be signed before bibs will be issued.**

## **Awards and Social Activities**

### **Awards**

Canadian Masters Medals will be given to the top three in each age category during each event.

Awards for races on Monday, Wednesday and Thursday will be presented at the Blow Me Down Cross Country Ski Club after the days racing is completed. Awards for the Saturday race will be presented at the banquet. Draw prizes will also be awarded at the banquet.

### **Social Activities**

There will be a registration and meet and greet social at the Blow Me Down Ski Club on Saturday, March 7 between 4:00 and 6:00 pm.

On Monday evening there will be a Kitchen Party at the Blow Me Down Cross Country Ski Club. Refreshments will be served and there will be a cash bar.

On Thursday evening there will be a dance at the Blow Me Down Cross Country Ski Club. Cash bar will be available.

On Saturday evening there will be a banquet to be hosted at the Greenwood Suites. It will be buffet format and cost \$30.

The Canadian Masters AGM will be held at the Greenwood Suites on Friday, March 12.

### **On-site Meals**

There will be a complimentary lunch provided to all competitors after each race. For non-racers or on training days food and beverages are available at the club kitchen from 9:00 am to 5:30 pm.

## **Race Hotel Details**

Greenwood Inn and Suites  
48 West Street  
Corner Brook, NL

Phone: 1-709-634-5381  
Fax: 1-709-634-1723  
Toll Free: 1-800-399-5381

A block of 40 rooms has been booked at a price of \$100 to \$115 per night (depending on room type) for one, two, three or four person occupancy. The **booking deadline is February 7, 2010**.

Quote Reference Number: **88096** when reserving rooms.

Additional hotels in the immediate area are the Glynmill Inn, Comfort Inn, Mamateek Inn and Hotel Corner Brook. Details on all accommodations are included at Appendix "A".

## **Car Rentals**

Five major car rental companies are located within the terminal building at the Deer Lake Airport. Information on these rental companies is included at Appendix "B". **We would suggest you reserve early as during the winter months there may be a limited supply of rental vehicles.**

# CANADIAN MASTERS CROSS COUNTRY SKI CHAMPIONSHIPS

March 7th TO MARCH 13, 2010

HOSTED BY THE BLOW ME DOWN Cross Country SKI CLUB

ENTRY FORM: (please print)

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

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

CITY: \_\_\_\_\_ PROV: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_ EMAIL: \_\_\_\_\_

DATE OF BIRTH: MONTH: \_\_\_\_ DAY: \_\_\_\_ YEAR: \_\_\_\_ SEX: F\_\_ M\_\_

**CATEGORY: (See below for category information)** \_\_\_\_\_

## Category Year of Birth

Masters M / F 1 1979-1975

Masters M / F 2 1974-1970

Masters M / F 3 1969-1965

Masters M / F 4 1964-1960

Masters M / F 5 1959-1955

Masters M / F 6 1954-1950

Masters M / F 7 1949-1945

Masters M / F 8 1944-1940

Masters M / F 9 1939-1935

Masters M / F 10 1934-1930

Masters M / F 11 1929-1925

Masters M / F 12 1924 or older

## RACES ENTERED (All races are wave start) Fee Amount

Monday, Mar 8 20Km Classic \$20 \_\_\_\_\_

Wednesday, Mar 10 10Km Free \$20 \_\_\_\_\_

Thursday, Mar 11 10Km Classic \$20 \_\_\_\_\_

Saturday, Mar 13 21Km Free \$20 \_\_\_\_\_

Closing Banquet \$30 \_\_\_\_\_

**Total Amount Enclosed** \_\_\_\_\_

**ENTRY DEADLINE IS MONDAY 12:00 NOON Saturday, March 6, 2010**

**ENTRY FEES MUST BE RECEIVED WITH RACE ENTRY FORM**

**Please Mail or Fax (deadline 12:00 noon, Newfoundland time on Saturday, March 6, 2010 for race and banquet confirmation)**

## Mail To:

Canadian Masters Cross Country Ski Championships

c/o Marion Casey, Race Secretary

p.o. box 592 Corner Brook, NL

A2H 6G1

Phone: (709) 639-2754 Fax: (709) 639-2294

E-Mail: [Info@blowmedown.ca](mailto:Info@blowmedown.ca)

**Cheques payable to:** Blow Me Down Cross Country Ski Club

## EVENT WAIVER

Name of Event: **2010 Canadian Masters Cross Country Championships**

Date of Event: **March 7-13, 2010**

I recognize that the Sport of Cross Country Skiing has some inherent dangers that could cause me bodily injury including death.

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called **CCC**), and the Canadian Masters Cross Country Ski Association (hereinafter called the **Canadian Masters Association**) **Cross Country Newfoundland & Labrador** (hereinafter called the **Host Division**) and **Blow-Me-Down Cross Country Ski Club** (hereinafter called the **Host Club**) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, **CCC**, the **Canadian Masters Association**, the **Host Division** and the **Host Club**, 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**, the **Canadian Masters Association**, the **Host Division** and the **Host Club**, 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**, the **Canadian Masters Association**, the **Host Division** and the **Host Club**. 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 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 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**, the **Canadian Masters Association**, the **Host Division** and the **Host Club** of any materials containing my name or picture, and I release to **CCC**, the **Canadian Masters Association**, the **Host Division** and the **Host Club** 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**, the **Canadian Masters Association**, the **Host Division** and the **Host Club**, and to follow the instructions of the officials during the event.

### Athlete Information:

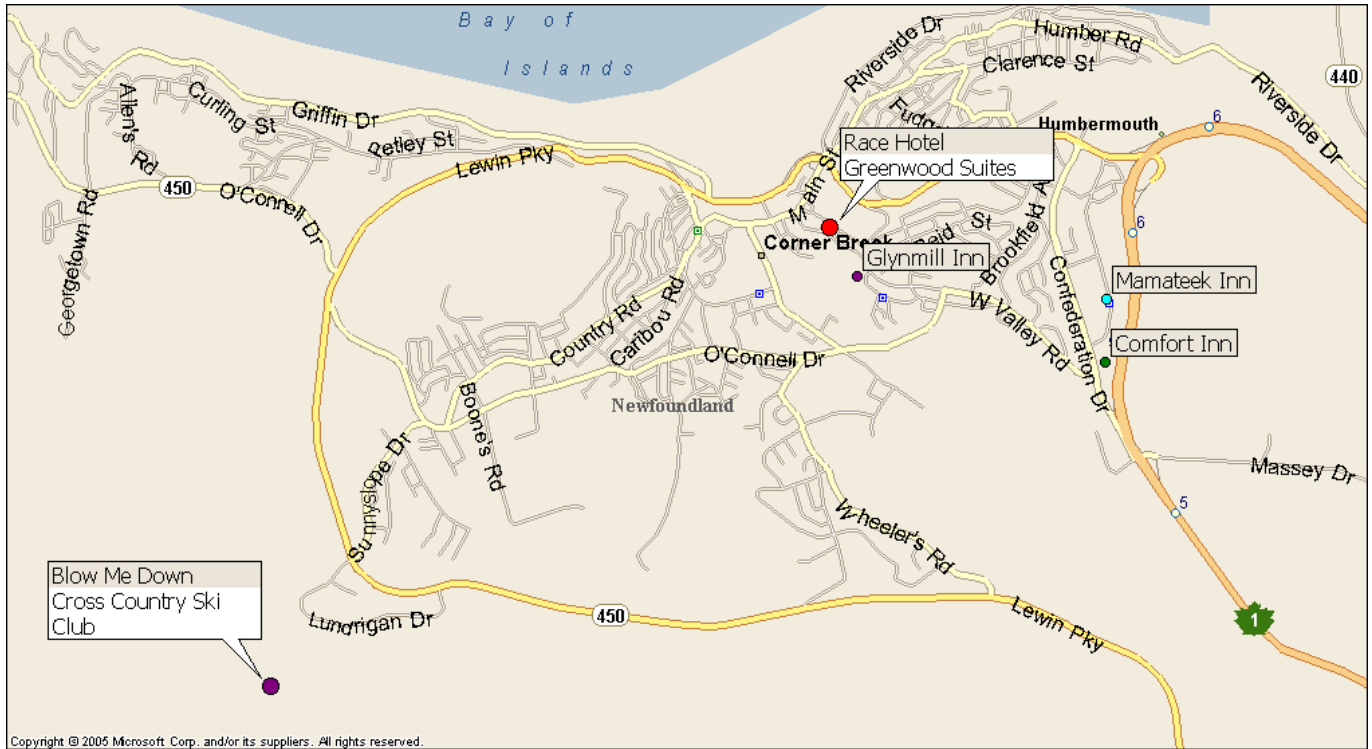
Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
Date of Birth: (Year) \_\_\_\_\_ (Month) \_\_\_\_\_ (Day) \_\_\_\_\_ Male(M)/Female(F): \_\_\_\_\_

Club Name: \_\_\_\_\_ Division: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Email address: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_

# Location of Club and Race Hotel



**Appendix A**  
**Accommodations Contacts**

Accommodations Summary	Location	# Rooms	#Beds/ Capacity
<b>Within Corner Brook &lt; 10 km to Blow me Down Trails</b>			
<b>Greenwood Inn and Suites</b> <a href="http://www.greenwoodcornerbrook.com">www.greenwoodcornerbrook.com</a> 1-800-399-5381 Room rate: \$129.95; 1:25 complimentary room conversion; Pre-event King Executive room rate \$115; Complimentary pre-event meeting space and ballroom during event	48 West St Corner Brook	102	171 beds
<b>Glynmill Inn</b> <a href="http://www.glynmillinn.ca">www.glynmillinn.ca</a> 1-800-563-4400 Room rate: \$140 Standard, \$175 Jr Suite, \$210 Executive Suite; Complementary meeting facilities & 2 junior suites during event.	1B Cobb Lane Corner Brook	81	260 capacity
<b>Comfort Inn</b> 1-800-228-5150 <a href="http://www.choicehotels.ca/cn245">www.choicehotels.ca/cn245</a>	41 Maple Valley Rd Corner Brook	78	312 capacity
<b>Mamateek Inn</b> 1-800-563-8600 <a href="http://www.mamateekinn.ca">www.mamateekinn.ca</a>	Maple Valley Corner Brook	55	45w/2 double beds & 10 w/ 1 queen
<b>Hotel Corner Brook</b> 634-8211 <a href="mailto:www.hotelcornerbrook@hotmail.com">www.hotelcornerbrook@hotmail.com</a>	47 Main Street Corner Brook	37 Rooms	20w/2 double beds & 7 w/single beds/9 suites hold 24 guests
<b>Within Humber Valley (15-25 km to Blow me Down Trails)</b>			
<b>Marble Villa</b> 1-800-636-2725 <a href="http://www.skimarble.com">www.skimarble.com</a> Room rate: (Current rates: Studio \$149, 1-bed \$199, 2-bed \$259)	Steady Brook 15km to BMD	29 Condos Studio, 1, & 2 bedroom	50 capacity
<b>Humber Valley Resort</b> For availability and rates contact: Ed Best 709-638-5947 Beth McNeil 709-785-2177	Little Rapids 25 km to BMD	150, 3-5 Bedroom Chalets	400 to 1180 capacity

**Appendix A  
Accommodations Contacts Con'd.**

<b>Accommodations Con'd:</b>	<b>Location</b>	<b># Rooms</b>	<b>#Beds/ Capacity</b>
<b>Condos/Cottages/Suites</b>			
<b>Marblewood Village</b> 1-888-868-7635 <a href="http://www.marblemountain.com">www.marblemountain.com</a>	Steady Brook 15km to BMD	24 Condos, 1, 2, 3, & 4 bedrooms	
<b>George's Mountain Village Cottages</b> 639-8168 <a href="http://www.georgesmountainvillage.com">www.georgesmountainvillage.com</a>	Steady Brook 15km to BMD	7 Cottages	40 Capacity
<b>Marble Inn &amp; Cabins</b> 1-877-497-5673 <a href="http://www.marbleinn.com">www.marbleinn.com</a>	Steady Brook 15km to BMD	9 Suites & 13 Cottages	78 capacity
<b>Kindlewood Chalets</b> 634 9555 <a href="http://www.kindlewood.nf.ca">www.kindlewood.nf.ca</a>	Little Rapids 25 km to BMD	3 Units	8 capacity
<b>Bed &amp; Breakfast</b>			
<b>Bell's Inn</b> 634 1150 <a href="http://www.bellsinn.ca">www.bellsinn.ca</a>	2 Ford's Rd	8 Rooms	10 capacity
<b>Brookfield Inn Bed and Breakfast</b> 1-877-339-3111 <a href="mailto:r.b.mccarthy@nl.rogers.com">r.b.mccarthy@nl.rogers.com</a>	2 Brookfield Ave	4 Rooms	8 capacity
<b>Stef's Housekeeping Unit</b> 634 4609 <a href="mailto:stefsunit@nl.rogers.com">stefsunit@nl.rogers.com</a>	54 North Street	3 Rooms	6 capacity-self contained
<b>Edgewater Inn Bed &amp; Breakfast</b> 634-3474 <a href="http://www.visittheedge.com">www.visittheedge.com</a>	Steady Brook 15km to BMD	4 Rooms	10 capacity
<b>Huxter's Bed &amp; Breakfast</b> 634 4999 <a href="mailto:ken.huxter@huxters.com">ken.huxter@huxters.com</a>	Steady Brook 15km to BMD	3 Rooms	7 capacity
<b>Wilton's Bed &amp; Breakfast</b> 634 5796 <a href="http://www.wiltonsbandb.com">www.wiltonsbandb.com</a>	Steady Brook 15km to BMD	3 Rooms	8 capacity
<b>Adam's House Bed &amp; Breakfast</b> 634 0064 <a href="http://www.adamsbandb.com">www.adamsbandb.com</a>	Little Rapids 25 km to BMD	4 Rooms	10 capacity
<b>Bennett's By the Bay Bed and Breakfast</b> 783-3355 <a href="http://www.bennettsbythebay.com">www.bennettsbythebay.com</a>	Irishtown 15km to BMD	3 Rooms	7 capacity

## Appendix B Rental Cars Deer Lake Airport

Five major car rental companies are located within the terminal building in Deer Lake, for your convenience.

### Avis Rent-A-Car

Telephone: 1-709-635-3252

Reservations and Information: 1-800-879-2847

[www.avis.ca](http://www.avis.ca)

### Budget Rent-a-Car

Telephone: 1-709-635-3211

Reservations and Information: 1-800-268-8900

### Hertz Rent-a-Car

Telephone: 1-709-635-4442

Reservations and Information: 1-800-268-1311

### National Car Rental (Tilden)

Telephone: 1-709-635-3282

Reservations and Information: 1-800-227-7368

### Thrifty Car Rental

Telephone: 1-709-635-8211

Reservations and Information: 1-800-563-8644