



March, 2010

To all skiers,

The Blow-Me-Down Cross Country Ski Club in Corner Brook would like to invite you to participate in the 2010 Coleman's 40th Annual Newfoundland and Labrador Cross Country Ski Marathon. The event takes place on Saturday, March 20, 2010.

If you've previously skied at Blow-Me-Down, you know you're in for ideal ski conditions, beautiful trails, warm hospitality and a good time all-around. If you've never been here before, we can assure you it's an experience you won't want to miss.

Enclosed is the race information package with all of the details you need to know. Thanks to our main sponsor, Coleman's Food Centre, for again supporting the Marathon. Wherever possible, please show your appreciation to this business by availing of the products and services which they sell.

We have distances for all ages and capabilities – including the 42km, 21km and 12km courses in the medal divisions, and the 21km, 12km, 5km and 2km courses in the recreational divisions. Feel free to choose the distance that suits you best.

Some of the highlights of this year's Marathon include the following:

- 21 & 12km trails through spectacular countryside; challenging and technical in places, but superbly groomed and well-marked.
- 5 & 2km trails for the novice and recreational skiers.
- Awards banquet
- Friendship and camaraderie.

On behalf of the organizing committee, we hope you're making plans to come to Corner Brook for the Marathon. If you have questions, don't hesitate to contact the Blow-Me-Down Cross Country Ski Club at (709) 639-2754 or by email at info@blowmedown.ca.

Sincerely yours,

Tina Newbury &
Judy May, Co-Event Chairs

40th Annual Coleman's Newfoundland & Labrador

Cross Country Ski Marathon March 20, 2010

Sponsored by Coleman's Food Centre <http://www.colemans.ca/>

Hosted by Blow-Me-Down Ski Club www.blowmedown.ca Corner Brook, NL

Sanctioned by Cross Country Newfoundland and Labrador www.skinewfoundland.ca

Event Chairs: Tina Newbury, Judy May

Chief of Race: Shawn Leamon

Race Secretary: Linda Boland

Eligibility: Races are open to all skiers of registered clubs. Skiers who aren't registered with a club are permitted to ski, but they won't be eligible for awards.

Registration Deadline: Friday, March 19, 2010 at 5 p.m, Fax completed registration forms to (709) 639-2902/2294.

Zone 4 Option:

Participants can register on line at [Zone4](#) and follow the prompts.

Registration: All fees must be paid in full and race registration form and waiver must be completed before bibs will be issued. See registration form for fees.

Awards: Awards for races will be presented at the banquet at Saturday night.

Schedule of Events:

- Friday, March 19 – Coaches' Meeting at ski club, 7:30 p.m.
- Saturday, March 20 – Bibs will be issued at club, 9 a.m.
- Saturday, March 20 – Mass start race at 11 a.m.
- Saturday, March 20 – Banquet at 6:30 p.m.

Race Categories (male and female):

Letter	Category	Year of Birth	Age at Dec. 31, 2010	Distance
A	Senior	1980-1989	21-30	42 km
B	Masters 1	1970-1979	31-40	42 km
C	Masters 2	1960-1969	41-50	42 km
D	Masters 3	1950-1959	51-60	42 km
E	Masters 4	1949 & earlier	61 & over	42 km
F	Junior 1	1990-93	17-20	21 km
G	Junior 2	1994-97	13-16	12 km
H	Youth	1998 & later	12 & under	12 km

Letter	Category	Year of Birth	Age at Dec. 31, 2010	Distance
I	Senior	1960-1989	21-50	21 km
J	Veterans	1959 & earlier	51 & over	21 km
K	Cruisers	1993 & earlier	17 & over	12 km
L	Active Living	2008 & earlier	Any age	5 km
M	Tiny Tots (accompanied by adult)	As appropriate		2 km

Registration Fees for Affiliated Members

- Categories A,B,C,D,E,I & J.....\$25.00
 - Categories F,G & K.....\$15.00
 - Categories H & L.....\$10.00
 - Category M.....\$ 5.00
 - Family Plan (affiliated club members only).....\$60.00
- The Family Plan option is not offered on zone4. However you can purchase the individual family member categories and you will be reimbursed the difference at the lodge.
- No club affiliation (add to fee).....\$ 5.00

Banquet Fees

- Adults - Lasagna, caesar salad, garlic bread, tea/coffee & dessert..... \$17.00
 - Children - (1/2 portion) Lasagna as above..... \$8.50
- (tax included in above prices)

Club Trophies

- **Ernie Langins Trophy:** Awarded to club with highest participation level
- **Arthur Baker Trophy:** Awarded to the fastest team (3 skiers) on the 42 km course
- **Percy Pieroway Trophy:** Awarded to the fastest team (3 females) on the 42 km course

Note: A female can only qualify for one team on the 42 km course (i.e. can't qualify for both Arthur Baker Trophy and Percy Pieroway Trophy). Skiers who are members of two clubs must designate which club they represent.



**40th ANNUAL COLEMAN'S NEWFOUNDLAND AND LABRADOR
CROSS COUNTRY SKI MARATHON MARCH 20, 2010**

Sponsored by Coleman's Food Centre <http://www.colemans.ca/>
Blow-Me-Down Ski Club • Corner Brook, NL
www.blowmedown.ca

Last name: _____ First name: _____

Town: _____ Postal Code: _____

Phone: _____ Cell: _____

E-mail address: _____

Sex: _____ Date of Birth: _____ Age: _____

Club: _____

Banquet		Price	Quantity	Total
Adult Banquet Ticket	Lasagna, caesar salad, garlic bread, tea/coffee & dessert	\$17		
Child Banquet Ticket	(1/2 portion) Lasagna as above	\$8.5		

(tax included in banquet prices)

I am participating in the following race:

Letter	Category	Distance

* Fees for races and banquet can be paid at the ski lodge on Friday night or Saturday morning prior to the race

Fax entry form to (709) 639-2902/2294 by 5 p.m. on Friday, March 19, 2010

All Participants (except CCC Race License Holders) Are Required To Sign the Following Waiver Before a Bib Will Be Issued

SUPPORTING MEMBER WAIVER FORM *Note CCC Race License holders are not required to sign this waiver.

Name of Event: 40th Annual Newfoundland and Labrador Marathon

Date of Race: Saturday, March 20, 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),

Cross Country Newfoundland & Labrador (name of Ski Division, hereinafter called the **Host Division**) and Blow-Me-Down Ski Club (name of hosting 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 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 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 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 is 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 Host Division and the Host Club** of any materials containing my name or picture, and I release to **CCC, 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 Host Division and the Host Club**, and to follow the instructions of the officials during the event.

DECLARATION By completing this **Release and Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by the **CCC**.

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: _____

Name of Legal Guardian (if athlete is under Age of Majority): _____

Signature of Legal Guardian: _____

Witness: _____