



RACE NOTICE

Larch Hills Annual Fun Race

January 3rd , 2016 1:00pm
Larch Hills Ski Area, Salmon Arm, B.C.

DATES: Sunday January 3rd , 2016 1:00pm sharp
Mass Start, Classic Technique

RACE LOCATION: Larch Hills Ski Area (15 km east of Salmon Arm).
The race office will be located in the Larch Hills Ski Chalet.

HOST CLUB: Larch Hills Nordic Society: www.skilarchhills.ca

RACE CONTACTS:

Chief of Competition: John Thielman info@johnsskishack.com 250-832-3457
Race Secretary: Rob Nash race_secretary@telus.net 250-832-0612

ELIGIBILITY: Ski licenses are not required.

REGISTRATION: **Preferred** registration will be online at www.zone4.ca
starting Dec 15th at : <https://zone4.ca/reg.asp?id=10990>

Registration fees are \$10 for 17 and under, \$15 for 18 and older.
Registration can take place on race day from **10:00am to 12:00pm**.
Please consider registering instead on Zone4 before Jan 1st. There are no additional fees for online registration.

Racers should verify registration by checking the confirmation list on Zone4 prior to the registration deadline. Please e-mail any errors or omissions to the race secretary before midnight on Friday, January 1st

STARTLISTS/BIBS: Bibs can be picked up at Larch Hills between 10:30am and 12:00pm on race day.

AWARDS: Prize provided for top 3 finishers in all categories by host club.
Additional Awards by Host Club:
Keskinen Family Trophy – Top family result (three members)
Hamish Jenks Memorial Trophy – Top 10-13 yr male and female
Ian Jenks Memorial Trophy – Top 14-17 yr male and female
Overall Winner Male – 10km , Overall Winner Female – 10km

FACILITIES: The Larch Hills chalet, located adjacent to the parking lot, is a rustic log building with wood stove, running water and washrooms. As there is limited indoor space, please come prepared to spend time outside and bring clothing suitable for the weather.

COURSE MAPS: Course maps are posted on race day

WEATHER: Check the club website at www.skilarchhills.ca for weather and snow conditions in the week prior to this event.

REFUNDS: Refunds only provided, for valid reasons, at the discretion of the race organizers. Any refund will be subject to 25% retention to cover processing fees and incurred costs.

RACE CATEGORIES/COST:

Sunday Jan 3rd, 2016 – MASS START CLASSIC TECHNIQUE (1:00pm start) – Approx km

Category	Age (Dec31,2015)		Year Born		Distance (km) Classic Tech.		Fee per race
	Male	Female	Male	Female	Male	Female	
1.	6 & under	6 & under	2009 +	2009 +	1.5	1.5	\$10
2.	7-8	7-8	2007-08	2007-08	1.5	1.5	\$10
3.	9-10	9-10	2005-06	2005-06	3	3	\$10
4.	11-13	11-13	2002-2004	2002-2004	3	3	\$10
5.	14-17	14-17	1998-01	1998-01	5	5	\$10
6.	18-29	18-29	1986-1997	1986-1997	10	10	\$15
7.	30-39	30-39	1976-1985	1976-1985	10	10	\$15
8.	40-49	40-49	1966-1975	1966-1975	10	10	\$15
9.	50-59	50-59	1956-1965	1956-1965	10	10	\$15
10.	60-69	60-69	1946-1955	1946-1955	10	10	\$15
11.	70+	70+	< 1945	< 1945	10	10	\$15

GOOD LUCK TO ALL RACERS !

Registration Form - if not registering on the preferred ZONE4.ca registration – bring to race office on race day.

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Name: _____

Mailing Address: _____

Telephone: _____

Date of Birth: YY _____ MM _____ DD _____ Ski Club: _____

Competition Category Number : _____ Male/Female: _____

Fee: \$ _____ (see chart below)

Please make Cheque payable to *Larch Hills Nordic Society*

I have read and agree to the Waiver: * Signature _____

Informed Consent and Assumption of Risk Agreement

IN CONSIDERATION OF Cross Country Canada (hereinafter referred to as CCC), Cross Country BC (herein after referred to as CCBC), the Larch Hills Nordic Society (herein after referred to as LHNS) 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, LHNS, 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 and LHNS. 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 safely participate 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 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 the CCC, CCBC, LHNS of any materials containing my name or picture, and I release to the CCC, CCBC and LHNS and all persons acting under the 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 the CCC, CCBC and LHNS and to follow the instructions of the officials during the event. Due to insurance requirements all participants must be members in good standing of a CCC ski club.

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Family Category Registration

Please write Bib #, Name and Age of each of the Three (3) family members on your team. One adult minimum per team.

Points awarded as follows:

- 1st Place in each members respective category = 1 point
- 2nd Place in each members respective category = 2 points
- Etc.

Team with **Lowest total score** is awarded the trophy.

Tie breaker is determined by adding the ages of the three family members together. The **oldest** combined age team in the tie is awarded the trophy.

<u>BIB #</u>	<u>NAME of each team member</u>	<u>Age today</u>	<u>Place</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
	Total	_____	_____

GOOD LUCK TO YOUR FAMILY TEAM