



2010 NCAA Central Region Skiing Championships
Feb. 20-Feb. 21, 2010
Michigan Tech Nordic Training Center

Coaches/Athletes:

We look forward to having you and your teams join us here at MTU for the NCAA Central Regional Skiing Championships. We hope you enjoy our snow and trails. The schedule is as follows (Times in EST):

Tues. February 16th

5:00 pm Race Rosters/Entries due. Collegiates, please email both sgraci@nmu.edu and jjhaggen@mtu.edu. Competitors in the Open category, please mail your entry (must be received 2/16/10) to Joe Haggemiller, MTU Athletics, 1400 Townsend Dr., Houghton, MI 49931.

Fri. February 19th

Training/Inspection at your convenience (actually available all week; please purchase day passes at the SDC for Thursday and before)

4:30 pm Coaches meeting - 2nd floor SDC (237 or Athletic Department Conference Room)

Sat. February 20th

8:30 am Courses Open

9:00 am Late Bib Pick-up Opens at Trail Head

10:30 am Women's 5k Individual Start Classic Race Begins

12:30 pm Men's 10 K Individual Start Classic Race Begins

5:00pm – NCAA Regional Banquet Site TBD and announced at coaches meeting

Sun. February 21st

8:00 am Courses Open

9:00 am Late Bib Pick-up Opens at Trail Head

9:50 am Men's 15K Freestyle Mass Start Competitors Report to the Start Area for Line Up

10:00 am Men's 15K Freestyle Start Time

11:50 am Women's 10K Freestyle Mass Start Competitors Report to the Start Area for Line Up

12:00 pm Women's 10K Freestyle Start Time

Approximately 1:30 pm NCAA Central Regional Skiing Championships Awards in ski stadium area

Courses: NCAA 5K Course (Start at the trailhead, counterclockwise around Core w/Oak-Pine combo, Hairpin, and Hemlock/Skidder fingers to the Balsam/Linden Finish for the 5K loop.) This will be both the Saturday and Sunday course. You may access trail maps at: www.aux.mtu.edu/rec/ccski/

Race Committee: MTU Ski Team Staff and Friends of MTU Skiing

Timing: Sam Graci

Costs: Open Racer Costs: \$45 for both days w/o banquet or \$30 for one day w/o banquet (w/Banquet, add \$15), include payment with entry. (Must have USSA or FIS license) Collegiate team costs: \$40 per racer (please bring payment to Mike Abbott at the coaches meeting). Checks can be made payable to MTU. (Banquet tickets available at the door for \$20 per person – limited to 100 first come first served.)

Locker Room Facilities: Available at the SDC after the races.

Other Area Info: See www.keweenaw.info. **Questions:** Contact Joe Haggemiller - jjhaggen@mtu.edu or 906-487-2986 (office)/906-281-1214 (cell)

NCAA Central Region Skiing Championships Open Entry Form: (USSA or FIS License required for non collegiate entry)

Name: _____

FIS# _____

USSA# _____

FIS Points Distance: _____

USSA Points Distance: _____

Street Address: _____

City/State/Zip _____

Telephone _____

E-Mail _____

Gender (circle one): M F Age: _____

Race--circle choice(s): Male Classic Female Freestyle

Female Classic Male Freestyle

Entry fee Open: One race \$30; Both races \$45

Registration **Improper registrations may not be accepted, at the race organizers discretion. Any improper registration is subject to an additional \$15 fee.**

Make checks payable to: Michigan Tech
Contact Joe Haggemiller (906-487-2986; jjhaggen@mtu.edu)

Mail or bring form and fees to: NCAA Central Region Ski Champs Entries, MTU Nordic Skiing, Student Development Complex, Michigan Tech University, Houghton MI 49931

WAIVER

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 Race Organizers, 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 "Race Organizers" 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 RACE ORGANIZERS.

In partial consideration of RACE ORGANIZERS's acceptance of my racing application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter "Racer") agrees to comply with and be bound by the following terms at all times, whether training or practicing for competition, or in competition.

Racer hereby unconditionally **WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY RACE ORGANIZERS (as defined above) FROM ANY CLAIMS**, present or future, to Racer 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 Racer's participation in any Activities in which RACE ORGANIZERS is involved in any way, due to any cause whatsoever, **INCLUDING NEGLIGENCE** and/or breach of express or implied warranty on the part of RACE ORGANIZERS.

Racer hereby **RELIEVES RACE ORGANIZERS OF ANY DUTY TO PROTECT RACER FROM HARM** in connection with any Activities in which RACE ORGANIZERS is involved in any way.

1. Racer authorizes RACE ORGANIZERS to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of RACE ORGANIZERS, medical attention is required and Racer is unable to make such decisions for himself/herself. Racer agrees to pay all costs associated with such medical care and related transportation and shall **DEFEND, INDEMNIFY AND HOLD HARMLESS RACE ORGANIZERS** of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care.
2. Racer 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.
3. This Agreement shall be construed in accordance with, and governed by the substantive laws of, the State of Michigan, without reference to principles governing choice or conflicts of laws. In addition, Racer agrees that all lawsuits for personal injury or related loss against RACE ORGANIZERS must be maintained in state courts sitting in Houghton County, Michigan or federal district courts sitting in the Western District of Michigan, Northern Division and Racer 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, RACER SIGNIFIES HIS ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

Signature: _____ Date of Birth: _____

Printed name: _____ Date Signed: _____

SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR MINOR * RACERS**

*** Racer is considered a "Minor" if he/she is under twenty-one (21) years of age and resides in Alabama, Mississippi, Nebraska, Pennsylvania, West Virginia or Wyoming, or if he/she is under eighteen (18) years of age and resides in any other state. In the event that Racer is under twenty-one (21) years of age and chooses to compete in Alabama, Mississippi, Nebraska, Pennsylvania, West Virginia or Wyoming despite

As the parent or guardian of the minor Racer named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Racer, and any other parent or guardian of the Racer, intending that they be binding on me, the Racer, and our respective heirs, executors, administrators and assigns. I intend to give up my right, the Racer's right, and the right of any other parent or guardian to maintain any claim or suit against RACE ORGANIZERS arising out of the Racer's participation in any Activities involving RACE ORGANIZERS in any way. I believe and represent that **I HAVE LEGAL AUTHORITY TO MAKE THESE AGREEMENTS, REPRESENTATIONS, WAIVERS AND RELEASES, AND I AGREE TO DEFEND AND INDEMNIFY RACE ORGANIZERS** from and against any and all liability arising out of any lack of authority on my part to legally bind the Racer, or any unenforceability for any reason of the above agreements, representations, waivers and releases made by or on behalf of the Racer.

Parent or guardian's signature _____

Printed name _____ Date _____

residing elsewhere, then the laws of Racer's home state shall govern in determining Racer's legal capacity to execute this Agreement.