

39th ANNUAL
MARINE/O'BRIEN CROSS-COUNTRY SKI RACE
"Minnesota's Oldest Ski Race"
SUNDAY JANUARY 31, 2010

REGISTRATION: Adult Race Race Day 9:00-10:15 AM classic races & 9:00-10:45 freestyle races
 Children's Race Race Day 9:00-1:15 PM

On-line registration at www.myvira.com until 8PM 1/30/2010 no service fee Pre-Reg.
 Or make check to SCVMYSL and mail to 1051 Nason Hill Rd, Marine, MN 55047

START TIME: Adult Race Classical 10:30 AM Both 12.5 and 25 kilometer
 Adult Race Skate 11:00 AM Both 12.5 and 25 kilometer
 Children's Race 1:30 PM (lined up according to age group mass start)

WHERE: William O'Brien State Park Trail Center near Marine on St. Croix (located on west side of Hwy 95 approx. 2 miles north of Marine on St. Croix)

COURSE: Children's Races 3 and under 100M "Dash", 4&5 1KM "Sprint",
 6-9 2.2KM "Thriller", 10-13 3.5KM "Mad Dash"
 Adult Races are 12.5 KM & 25 KM, over flat and hilly terrain. 12.5km is once around the park and 25km course is twice around the park. The course will be groomed for classical and skating snow conditions permitting. Skaters are asked to avoid classical track to preserve track for classical skiers.

AWARDS: Awards donated by area merchants. All children will receive ribbons according to place in each class at awards ceremony immediately after the race. Awards will be given to top overall male and female in both classical and skating techniques. Awards will also be given to top finishers in each class. Awards must be picked up at the awards ceremony. Everyone has a chance to win prizes at raffle following awards ceremony. No awards will be mailed. Adult awards ceremony follows race as soon as results are compiled. Results will be posted on Skinnyski and e-mailed directly to you if you are pre-registered on www.myvira.com.

CLASSES: Children: 3 & under, 4&5, 6&7, 8&9, 10&11, 12&13 (separate girls & boys classes)
 Adults: 14-15, 16-17, 18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+(separate male & female classes for both classical & skating).

FEE/DONATION: Children -\$7.00 (max \$18) High School Racers - pre-registration \$12.00 race day \$17.00
 Adults - pre-registration \$25.00 race day \$35.00 (pre-registration before Jan. 30th 8PM)
 Make checks payable to: SCVMYSL

INFORMATION: Additional questions e-mail Everett Myers Everett@fruitshare.com or call 651-644-2800

**Minnesota State Park vehicle stickers are required for entrance to the Trail Center's parking lot. One-day stickers are available. Cross-Country ski licenses are not required for competition events. The race organizers strongly support this program and encourage all skiers 16 and older to purchase a license which helps support the development and maintenance of Minnesota's ski trails.

Skiers Name _____ (please print) Date of Birth _____

Address _____ Male _____ Female _____ Classic _____ Skate _____

City _____ State _____ Zip _____ E-Mail _____

Event: Kids _____ Classic 12.5KM _____ Skate 12.5KM _____ Classic 25KM _____ Skate 25KM _____

Waiver and Release of Liability:

I the undersigned, know that skiing is an action sport carrying significant risk of personal injury. Racing is even more dangerous. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions, and risks, which in combination with my actions can cause me severe injury or death. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards. I hereby acknowledge that I have entered the race at my own risk and accept that risk. I also acknowledge that I (and not the park or it's staff, or the MYSL, or the sponsor or the officials, staff and-or agents of the race) am responsible for my safety while I participate in this event.

 Date _____
 (Signature of parent or guardian if competitor is under 18)