

RINGER ROLL 2001

A Race In Memory Of Chris Ringsven



Minnesota Valley Ski
Education Foundation
Presents

Ringer Roll 2001

10k Roller Ski Race & Roller Ski Tour

8:00 a.m. August 4, 2001

Elm Creek Park Reserve

\$10 – Until August 1

\$15 – Until half hour before race time

T-shirts and Prizes

7:00 a.m. Bib pick-up and day-of registration.

8:00 a.m. Interval starts begin.
(Two people starting every 30 seconds.)

8:30 a.m. (approximately).
Tour starts immediately after the last racer starts

Directions:

Elm Creek is located in Maple Grove. Go to www.hennepinparks.org for directions.
Meet at the nature center parking lot. Get there via Elm Creek road, which is northwest of the main entrance. The race and tour will start on the new pavement just north of the nature center road crossing.

Race categories:

Race Skis (Prizes to Top 3)

Open Men and Open Women

Training Skis (Prizes to Top 3)

(Marwe 610, Elpex skate, V2 940c etc).

- Master (Over 40) Men and Women
- Senior/Master (20-40) Men and Women
- Junior Skier (19-16) Men and Women
- Young Junior Skier (15 & under) Men and Women

**All race and tour participants will receive a commemorative T-Shirt.
Ski Tour Participants will be entered in a drawing for prizes.**

In memory of our friend and former Minnesota Valley coach Chris Ringsven, Minnesota Valley has established a junior grant fund. From this fund Ringsven scholarships will be awarded to every skier from the Minnesota Valley Ski Team and White Noise Nordic Ski Team who qualifies for Junior Olympics.

Pledges for the Ringsven Junior Olympics Scholarship Fund

By signing up for this race, you are already helping us establish the Ringsven JO scholarship fund. If you would like to do more, please get pledges for the Ringsven Roll.

- Raise over \$25 and receive a wax and scrapper gift pack. Free entry into event and T-shirt
- Raise over \$100 and receive a water bottle holder fanny pack or similar prize. Free entry into event and T-shirt

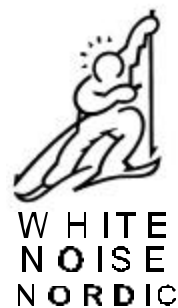
I would like to pledge _____ per kilometer in the Ringsven Roll.
(name)

Name:	Pledge Per Kilometer	Total
_____	_____ x 10k	_____
_____	_____ x 10k	_____
_____	_____ x 10k	_____
_____	_____ x 10k	_____
_____	_____ x 10k	_____
_____	_____ x 10k	_____
_____	_____ x 10k	_____
_____	_____ x 10k	_____
_____	_____ x 10k	_____
_____	_____ x 10k	_____
		Total Raised _____

Collect donations at the time of the pledge and turn in on race day.
Checks should be made out to the Minnesota Valley Ski Education Foundation. All donations are tax deductible



Minnesota Valley Ski
Education Foundation
1821 University Ave S-248
St. Paul, MN 55104
Phone: 651-698-1908
Email: Reid@nccsef.org
www.cxcskiclubs.org
www.whitenoisenordic.com



Ringer Roll 2001

10k Roller Ski Race & Roller Ski Tour

8:00 a.m. August 4, 2001 Elm Creek Park Reserve

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Rollerski Make and Model: _____ Age: _____ M / F _____

_____ 10k Rollerski Race
(\$10 until Aug 1, \$15 race day)

_____ 10k Rollerski Tour
(\$10 until Aug 1, \$15 race day)

ACKNOWLEDGMENT AND ASSUMPTION OF RISK AND RELEASE:

I, _____, know that cross-country skiing is an action sport carrying significant risk of serious injury, death or property damage. I also know that there are natural and environmental conditions and risks which independently or in combination with my activities may cause property damage, or severe or even final injuries to me or others.

I agree that I am alone responsible for my safety while participating in competitive events and/or training for competitive events and specifically acknowledge that the following persons or entities including the Minnesota Valley Ski Education Foundation, Gear West, Hennepin Parks Hoigaard's, Finn-Sisu, the sponsors, the organizers, coaches, the officials and any agent representative, officer, director, employee, member or affiliate of my person or entity named above are not responsible for my safety I specifically RELEASE and DISCHARGE, in advance those parties from any and all liability whether, known or unknown, even though liability may arise out of negligence or carelessness on the part of persons or entities mentioned above. I agree to accept all responsibility for the risks, conditions, and hazards which may occur whether they be known or unknown.

Being fully aware of the risks, conditions, and hazards of the proposed activity as a competitor and participant I HEREBY AGREE TO WAIVE, RELEASE AND DISCHARGE any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of my participation in competitive events or training for competitive events, against any person or entity identified above whether such injury or damage was foreseeable.

I further agree to forever HOLD HARMLESS and INDEMNIFY all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury or property damage resulting in any way from my participating in competitive events or training for competitive events.

I currently have, and I agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities identified above from providing coverage for me.

This Acknowledgment and Assumption of Risk and Release shall be binding upon my heirs and assigns.

Date: _____ Signature: _____

By signing this Acknowledgment and Assumption of Risk and Release as Parent/Guardian, I am consenting to the competitor's participation in competitive skiing and training and acknowledge that I understand that any and all risk, whether known or unknown, is expressly assumed by me and all claims, whether known or unknown, are expressly waived in advance. By signing this waiver I am granting permission to the Minnesota Valley Ski Education Foundation staff/Coaches to obtain emergency medical attention if it is not possible to reach the legal guardians by phone.

Date Signature of Parent/Guardian if athlete is under 18 years old



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Christopher Michael Ringsven 1973-2000

Christopher Michael Ringsven was born January 29, 1973, in Sydney, Australia, to the parents of Arthur and Renata. He moved with his family to Minnesota in 1974, where he graduated from the Hopkins school district in 1991. He then graduated from Williams College in Williamstown, MA with a B.A. in music. Christopher returned to Minnesota and received his teaching certificate in music from the University of Minnesota.

Christopher quickly found that he had two loves above all the rest -- one was sports and the other was music.

His love in music began with the piano, and under the guidance of his mother, he discovered that composition and the mechanics of playing came very easy for him, leading to local and national awards. The piano continued to be his first love, but he also found himself enthused about voice and choir, helping to point the way to receiving his B.A. in music, and subsequently his teaching certificate. He then spent ½ year in Cambridge, MN, teaching band and choir, before accepting a similar music position with the Cle-Elum-Roslyn school district of Washington state.

His other love was sports, where he found that he enjoyed the endurance sports of cross country running, cross country skiing, and track. Throughout his high school years he achieved a high level of success, leading to his being named Hopkins Male Athlete of the year in 1991. He continued his cross country skiing at Williams College where he was captain of his team his senior year. For two years while getting his teaching certificate, he was the Hopkins cross country ski coach.

Along the way, Christopher discovered he was fascinated by whitewater kayaking, but had little time to get involved. That changed after college when he found the time. For the next six years he found himself going with his fellow kayakers to tackle the north and north shore rivers. His dream became the mountains and rivers of Washington state and he was able to fulfill that dream when he accepted the music teaching position at Cle-Elum-Roslyn in Washington. He started this position in September of 2000 and repeatedly remarked how well the people of his school district and fellow kayakers had accepted him. He had found his dream.