

48th Annual Silver Spoon Cross-Country Ski Fest

Information and Registration Form

DATE: Saturday February 1, 2020

LOCATION: St Mary's School, Deep River, Ontario
(Hwy 17, 200 km NW of Ottawa & 180 km SE of North Bay)

FORMAT: 28 Classic events and a Skating Sprint event

SCHEDULE OF EVENTS:

9:00-10:30 am Courses open for inspection
 10:00-11:00 am Skating Sprint Time Trials
 11:00 am Classic Ski Races
 12:30 pm Awards Ceremony for Categories #1 to 11
 ~1:30 pm Skating Sprint Races (King's Court Heats)
 ~2:45 pm Awards Ceremony for Categories #12 to 29
 6:00 pm Buffet Dinner

Silver Spoon Buffet Dinner: Bear's Den Motel, Hwy 17 Deep River. Doors open 5:30 pm, Dinner 6:00 pm. Adults \$28.50, Children aged 6 to 12 \$15, Children 5 & under eat free. Purchase tickets (a) with entry form, or (b) at The Olive Tree in Deep River. Deadline: Wed Jan 29, 2020.

Cat #	Category	Distance	Age on Dec 31, 2019	Fee
1	Classic – U6 Boys/Girls	0.5 km	5 & under	\$ 15
2	Classic – U10 Boys/Girls	1.5 km	8, 9	\$ 15
3	Classic – U8 Boys/Girls	1.5 km	6, 7	\$ 15
4	Classic – U14 Boys	4.5 km	12, 13	\$ 30
5	Classic – U14 Girls	4.5 km	12, 13	\$ 30
6	Classic – U12 Boys	4.5 km	10, 11	\$ 30
7	Classic – U12 Girls	4.5 km	10, 11	\$ 30
8	Classic – U16 Boys	7 km	14, 15	\$ 30
9	Classic – U16 Girls	7 km	14, 15	\$ 30
10	Classic – U18 Girls	7 km	16, 17	\$ 30
11	Classic – U18 Boys	11 km	16, 17	\$ 30
12	Classic – U20 Men	15 km	18, 19	\$ 30
13	Classic - Senior Men	15 km	20 - 29	\$ 30
14	Classic - Masters Men I	15 km	30 - 39	\$ 30
15	Classic - Masters Men II	15 km	40 - 49	\$ 30
16	Classic - Masters Men III	15 km	50 - 59	\$ 30
17	Classic - Masters Men IV	15 km	60 - 69	\$ 30
18	Classic - Masters Men V	15 km	70 +	\$ 30
19	Classic – U20 Women	11 km	18, 19	\$ 30
20	Classic - Senior Women	11 km	20 - 29	\$ 30
21	Classic - Masters Women I	11 km	30 - 39	\$ 30
22	Classic - Masters Women II	11 km	40 - 49	\$ 30
23	Classic - Masters Women III	11 km	50 - 59	\$ 30
24	Classic - Masters Women IV	11 km	60 - 69	\$ 30
25	Classic – Masters Women V	11 km	70 +	\$ 30
26	Classic - 11 km Open *	11 km	Open	\$ 30
27	Classic - 7 km Open *	7 km	Open	\$ 30
28	Classic - 4.5 km Open *	4.5 km	Open	\$ 30
29	Skating – King's Court Sprint **	400 m	8 +	\$ 15

** Skate format: time trial followed by heats, with groupings based on results. Prizes for age and gender categories will be awarded based on final results.

Registration deadline: Wednesday Jan 29, 2020
Note: Entries for the Skate Sprint are limited to 90 skiers.

* Registration on day of race is welcome for additional \$5 fee for Open & Skating Sprint - (register by 10:30 am).

Register online at www.zone4.ca (no transaction fee).

Registration forms may also be mailed to:
 Silver Spoon
 PO Box 999, Deep River, ON K0J 1P0

or dropped off in person at:
 81 Glendale Avenue, Deep River.

Registration fees cannot be refunded.

Classic races and Skating time trials will be timed by SportStats.

Start times & maps: visit www.bright-ideas-software.com/silverspoon/. Start times will also be posted on race day. Please consult course maps on website and maps posted on race day.

Race results will be posted shortly after the last race at www.sportstats.ca.

Registration inquiries: Anne Murphy at amcmurf@gmail.com, 613-858-2123

REGISTRATION FORM - 2020 Silver Spoon Cross-Country Ski Fest

SURNAME _____ GIVEN NAME _____ MALE FEMALE

CLUB _____ Date of Birth (MM-DD-YY) _____ Estimated pace (min/km)
(for seeding purposes) _____

HOME ADDRESS _____
Street & No. P.O. Box City/Town Province Postal Code

PHONE: Home _____ Other _____

EMAIL address (for Silver Spoon communications) _____

Cat. # _____ Classic Category Name _____ \$ _____
Are you racing up an age category? YES/NO (circle one)

Cat. # 29 Skating (King's Court Sprint) \$ _____

Buffet _____ Adults @ \$28.50 _____ Children (age 6-12) @ \$15 \$ _____
(Buffet prices include taxes but do not include a tip)

TOTAL FEE*** \$ _____

I have read and understood the **waiver** below and I agree with it.

Signed: _____ Date: _____
(Parent or guardian must sign for each skier under 19 years of age.)

*** All fees must accompany this form. Cheque or money order is payable to *Silver Spoon Ski Fest*.

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called **CCC**), **Cross Country Ontario** (hereinafter called the **Division**) and the **Silver Spoon Ski Fest** (hereinafter called the **SSSF**) accepting my application for participation in the **SSSF** and thereby allowing (subject to certain limitations and conditions such as applying for a valid CCC race license) my participation at events, and activities run or sanctioned by one or more of **CCC** the **Division** or the **SSSF**. I agree as follows:

Part One - WAIVER and RELEASE

I hereby for myself, my heirs, executors, administrators and assigns, waive any and all claims that I have or may in the future have against **CCC** the **Division** and the **SSSF** their executive directors, servants, agents, sponsors, supporters, employees, contractors or volunteers (all of whom are hereafter the Releasees) and to release the Releasees from any and all liability for any loss, damage, expense or injury including death that I may suffer or my next of kin may suffer as a result of my participation in any event, competition or activity run or sanctioned by one or more of the Releasees (hereafter the Event), due to any cause whatsoever, including **negligence, breach of contract, or breach of any statutory or other duty of care owed on the part of the Releasees and further including failure on the part of the Releasees to safeguard or protect me from the risks, dangers and hazards associated with the Event as set out below in Part Two.**

I hold harmless and indemnify the Releasees from any and all liability for any property damage or personal injury to any third party resulting from my participation in the Event. I further waive and release any and all recourse which I may now have or may in the future have resulting from any decisions of the Releasees in association with the Event, including any claims I might have in connection with any cancellation or rescheduling of the Event for whatever reason. I have read and understood this Waiver and Release prior to signing it. I am aware that I am an adult and that by signing this Waiver and Release I am waiving certain legal rights that I or my heirs or next of kin may have against the Releasees.

Part Two – ACKNOWLEDGMENTS Risks and Dangers:

I acknowledge that skiing and participating in any event, competition or activity run or sanctioned by one or more of the **CCC** the **Division** and the **SSSF** (hereafter the Event) involves risks and dangers including, but not limited to: accidents that occur traveling to the Event; encounters with other skiers, obstacles (man made or natural) or wildlife; steep and varied terrain, uneven snow conditions; falls or collisions; falling snow or ice; adverse weather conditions, frostbite; exhaustion. I freely accept and fully assume all risks, dangers and hazards associated with my participation in the Event and the possibility of personal injury, death, property damage or loss resulting therefrom. **Health:** I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the Event and that no physician or other medically qualified individual has advised me against participating in the Event. I further acknowledge and agree that it is my choice 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 am instructed not to participate in the Event, I hereby assume all risks associated with my participation.

Image Use: I authorize and consent to the publication in any format or media by **CCC** the **Division** and the **SSSF** of any materials containing my name, likeness or image in association with my participation in the Event, and I release to **CCC** the **Division** and the **SSSF** and all persons acting under authority or license from them, from any claims I might have due to the initial or authorized subsequent publication of such material.

Follow Rules: I hereby agree to abide by the Rules and Regulations imposed by **CCC** the **Division** and the **SSSF** in association with the Event, and to follow the instructions of the officials during the Event.