

Silver Spoon Classic



2010

Feb. 6 - 7

**DEEP RIVER
ONTARIO**

**Annual
Cross-
Country
Ski-Fest**

38th

38th Silver Spoon Classic Entry Form Information

Schedule of Events and Fees

Saturday Feb. 6, 2010: St. Mary's School

A. 11:00 AM - Classic Ski Races

Categories 1, 2 & 3 → \$7,

Categories 4 to 24 → \$14

Entry deadline: January 29, 2010

B. 1:00 PM - Participation Mass Start Race

Category 25 → \$7

Entry deadline: 11 AM February 6, 2010

C. 1:45 PM - Ski-Skating Knock-Out Sprint

Category 26 → \$7

Entry deadline: January 29, 2010

D. Silver Spoon Buffet, Bear's Den Motel

Doors open 5:30 PM, Buffet 6 – 8 PM

Adults \$23, Children 6 –10 yrs \$15

Children 5 & under eat free

Purchase tickets: With entry form or at

Monica's Pantry 584-3866 (beside LCBO)

(Entry Deadline: Wednesday Feb 3, 2010)

Sunday Feb. 7, 2010: DRXC Chalet

E. 10:30 AM – ORIENTEERING

→ Ski events (open technique):

Long (9.4 km)

Medium (6.5 km)

Short (3.6 km)

→ Snowshoe event (60 minute course)

Visit *Ottawa Orienteering website* at

<http://ottawaoc.ca> for details.

Orienteering Entry fees:

- \$8/adult and \$5/child (12&under)

Entry deadline: January 29, 2010 (after January 29, 2010: \$10/adult and \$6/child)

Registration and payment must be made with entry form (or by morning of the event)

Ottawa Orienteering Club waiver must be completed prior to the event.

NOTE: Orienteering MAPS can only be guaranteed for participants registered and paid by Feb 5, 2010. Orienteering Contact: John McKay 584-4975, mckay@magma.ca

Cat #	CATEGORY	DISTANCE	Age on Dec. 31/09
1	Mighty Midget Boys/Girls	1.5 km	8, 9
2	Mighty Midget Boys/Girls	1.5 km	6, 7
3	Mighty Mites Boys/Girls	0.5 km	5 & under
4	Midget Boys/Girls	3.5 km	12, 13
5	Mini Midget Boys/Girls	3.5 km	10, 11
6	Juvenile Boys	6 km	14, 15
7	Juvenile Girls	6km	14, 15
8	Junior Girls	6 km	16, 17
9	Junior Boys	12 km	16, 17
10	Junior Men	15 km	18, 19
11	Senior Men	15 km	20-29
12	Masters Men I	15 km	30-39
13	Masters Men II	15 km	40-49
14	Masters Men III	15 km	50-59
15	Masters Men IV	15 km	60+
16	Junior Women	12 km	18, 19
17	Senior Women	12 km	20-29
18	Masters Women I	12 km	30-39
19	Masters Women II	12 km	40-49
20	Masters Women III	12 km	50+
21	10 km Open	12 km	Open
22	Masters Women IV	6 km	50+
23	Handicap Open Event*	8 km	18 & above
24	Handicap Open Event*	3.5 km	18 & above
25	Participation Mass Start	1.5 km	Open
26	Skating Knock-out Sprint (male/female)	1 km	Kids (13 & under) Jr (18 & under) Sr (19 & up)

- Handicap Events are for less competitive skiers (male & female). Handicap times are based on previous performance.
- **Newcomers** please fill in relevant information on entry form.

LOCATION: Deep River, ON (Hwy 17, 200 km NW of Ottawa & 180 KM SE of North Bay)
ACCOMMODATIONS: see <http://www.deepriver.ca/business/business.htm>
START TIMES: for events A, B, C, visit <http://bright-ideas-software.com/silverspoon>
 ➤ Start sheets will also be posted at St. Mary's school on race day
AWARD CEREMONY (events A and C): St. Mary's School **CAFETERIA** beginning at approximately 3:30 PM.

Please complete entry form and sign waiver.
 Entry fees and Buffet Ticket Fees must accompany form.
 Cheque or money order payable to: Silver Spoon Ski Fest.

Mail to: Silver Spoon Race Secretary
 P.O. Box 999,
 Deep River, ON, K0J 1P0

Urgent inquiries: 613-584-2238 (race secretary) or 613-584-2127 (chief organizer)

SURNAME _____ GIVEN NAME _____ MALE FEMALE

CLUB _____ Date of Birth (M-D-Y) _____ AGE (As of Dec.31/09) _____

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

PHONE: Home _____ Other _____

EMAIL address: for race results and future entry forms _____

Check events entered		FEE
<input type="checkbox"/> A. Cat. # _____	Category Name _____	\$ _____
<input type="checkbox"/> B. Cat. # <u>25</u>	Participation Mass Start	\$ 7
<input type="checkbox"/> C. Cat. # <u>26</u>	Ski-Skating Knock-Out Sprint	\$ 7
<input type="checkbox"/> D. Buffet	_____ Adults @ \$23 _____ Children (age 6-10) @ \$15	\$ _____
<input type="checkbox"/> E. Orienteering:	<input type="checkbox"/> Long <input type="checkbox"/> Medium <input type="checkbox"/> Short <input type="checkbox"/> Snowshoe	\$ _____
Total Fee		\$ _____

Newcomers to Handicap (Cat. 23, 24), please fill in the following. Number of years X-C skied _____.
 If you have any previous race experience, give distance _____ km and time _____ min.

Waiver

I hereby release the Silver Spoon Ski-Fest Committee, the sponsoring Associations, its members or agents, any person officially connected with this Ski-Fest, and all owners of land used in this Ski-Fest, from all liability for any injuries or damages whatsoever arising from my participation in, or presence at, this Ski-Fest. I am aware of the risk involved of possible injury to myself inherent in this type of activity. In addition, I hereby agree that pictures taken of me during the Silver Spoon can be placed on the Silver Spoon website <http://Bright-Ideas-Software.com/silverspoon> following the race.

Signed _____

*If under 18 years registration form must be counter-signed by parent or legal guardian:

*Signed _____