



Nordic Spirit Ski Race and Tour

January
31st
Spirit Mt.
Duluth

2
0
1
0

10K Classic • 13K Freestyle • 25K Freestyle • Trax for Snax

The Lake Superior College Nordic Spirit Ski Race and Tour winds through the majestic woods of Spirit Mountain with breathtaking vistas of Lake Superior and the St. Louis Bay. Skiers will be treated to some of the most challenging terrain in the region on a superbly groomed course.

- The 10K Classic, while using the main start/finish area, will separate onto its' own course.
- After starting together, the 13K and 25K Freestyle will split and the 25K will venture onto Duluth's best-kept secret—the Magney-Snively ski trail system.
- All races will start/finish at Moosehead Chalet.
- Post-Race Party and awards will be in the Moosehead Chalet (downhill side of Spirit Mt.)
- Trax for Snax: Kids ski 1k loop as many times as they want— AND receive a cookie at each lap.
- Great Door Prizes!!
- **Ski Hats to 1st 250 registered**

Schedule:

Registration 7:00-8:15
 Classic Start 8:50am
 Freestyle Start 9:00am
 Trax for Snax Noon
 Awards 1:00pm

Cost:

Early Rate: \$30 postmarked by Dec 31st
\$35 postmarked by Jan 17th
 \$45 between Jan 18th-Jan 24th
\$50 RACE DAY
Special \$15 rate for HS skiers
Trax for Snax Kids Race—FREE!

If you are able to volunteer either before the race, during the race or after the race, please contact us ASAP at info@duluthxc.com

Directions to Spirit Mountain Nordic Center:

From I-35, take the Boundary Ave Exit #249. Follow the signs to Spirit Mountain. The Spirit Mt. Nordic Center is on the right-hand side of Skyline Pkwy.

Register **ONLINE:** active.com or Midwestevents.com

MORE INFO at:
www.DuluthXC.com/nordicspirit

Please Complete the following for each racer and mail to:

Duluth XC Ski Club
 1346 W Arrowhead Rd, PMB 344
 Duluth, MN 55811-2218



Name	
Street Address	
City/State/Zip	
Phone #	
E-mail Address	

Race Choice:

- 10k Classic
- 13k Freestyle
- 25k Freestyle
- 1k Trax for Snax

Male/Female:

- M
- F

Age on Race Day: _____

- Already a DXC Member
- Please send me info about DXC

REQUIRED Waiver and Release Form

I, the undersigned, know and acknowledge that cross-country skiing is an action adventure sport carrying significant risks of personal injury and that racing heightens those inherent risks even more. I know that there are natural and man-made obstacles and hazards that exist, which, in combination with my actions and the actions of other people can cause me or others severe or even fatal injury.

I agree that I am totally responsible for my safety while participating in or training for this event and not the Duluth XC Ski Club, Spirit Mountain Recreational Area, The City of Duluth, and their membership, staff, volunteers, representatives, officials, agents and sponsors. I hereby release and discharge, in advance, the Duluth XC Ski Club (its officers, board of directors, members and volunteers) Spirit Mountain Recreational Area, The City of Duluth, and any other person or organization connected with this event and competition from any and all claims, liabilities, or rights to damages for any injury, damage or loss whatsoever (directly or indirectly) arising from my (or my family member's) participation or presence at these events.

I agree to accept all responsibility for the risks, conditions, hazards which may occur whether they are known or unknown. 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, or training for, this competitive event, even that liability which may arise out of negligence or carelessness on the part of persons or entities identified above.

I agree that I am responsible for maintaining adequate and valid medical, accident, and other personal insurances for my personal and financial protection. I understand that this is my sole responsibility and release all persons and entities identified above from providing this coverage for me.

Participant's Signature _____

Date _____

Signature of Parent or Legal Guardian if participant is under the age of 18 _____