



BULKLEY VALLEY NORDIC CENTRE

Great Snow. Great Trails. Great Times!

BV Marathon Ski Weekend

Classic Technique:

Saturday, February 27, 2010

Skate Technique:

Sunday February 28, 2010

Smithers, B.C.

Mass Start: 9:30 am

(for 7.5 km to 51 km distances)

Mass Start Saturday @ 10:00 am for 1 km and 3.5 km distances

Pick up your race number & lunch ticket at Buchfink Lodge Race Office on:

Friday February 26 from 7:00 pm – 8:00 pm or

Saturday February 27 from 8:00 am – 9:00 am or

Sunday February 28 from 8:00 am – 9:00 am



ENTRY FEES:

| AGE (on race day) | FEES (One day) | FEES (Two days) |
|----------------------|-------------------|--------------------|
| 5 and under | FREE | FREE |
| 6 to 11 | \$10 | \$17 |
| 12 to 17 | \$20 | \$35 |
| 18 and over | \$25 | \$40 |

EVENTS:

| EVENT | DISTANCE | CATEGORY |
|---|----------------|-----------------------|
| | | Classic/Skate or both |
| Long Distance Marathon | **51 km (3x17) | 51C or 51S 51CS |
| Main Marathon | **34 km (2x17) | 34C or 34S 34CS |
| Recreational Marathon Choose your distance | **17 km | 17C or 17S 17CS |
| | **7.5 km | 7.5C or 7.5S 7.5CS |
| Saturday only - classic | 3.5 km | 3.5C |
| Saturday only - classic | 1 km | 1C |

Individuals have the option to ski the 7.5 km to 51 km categories both Saturday and Sunday or only one of the two days.

****Mixed Team = 1 classic skier on Saturday teamed with 1 skate skier on Sunday. Mixed Teams must be comprised of one female and one male skier.**

Teams can be paired up Friday evening if required. Teams are optional for the longer distances of 7.5 km to 51 km.

HOW TO ENTER:

McBike and Sport

Pick up paper form at McBike & Sport, or download form from BV Nordic website. Drop off completed registration form with payment to McBike & Sport or drop off on Friday February 26th at the Buchfink Lodge (at the dinner) or mail in completed registration form with payment to:

BV Marathon - Box 4016 – Smithers, BC, V0J 2N0

Registration Deadline: Friday February 26

Note: Pick up your race number and lunch ticket from the Buchfink Lodge at the dinner Friday evening or one hour prior to start time on race days.

Feed Stations:

Three feeding stations will be set up on the course with water, a warm sports drink and some goodies to keep your energy up.

Waxing, Nutrition, Dinner and Prizes:

A **WAXING CLINIC** will be held on Friday Feb. 26th @ 7 pm in GM Place (the new wax hut) by Peter Krause. Peter will also provide **nutritional tips** for people skiing the longer distances.

PASTA DINNER Friday night at the Buchfink Lodge @ 6:00 pm.

Dinner Costs:

5 and under – FREE

6 to 11 – \$10

12 and over - \$15

Dinner tickets must be purchased by Wednesday February 24th. Please indicate on your registration form the number of people attending dinner (non-skiing spouses and children are welcome) and include appropriate payment.

PRIZES awarded to first place finishers (men & women) in the 51 km and 17 km two-day events and a prize for the 51 km and 17 km mixed team two-day event. Children skiing distances of 7.5 km and under will receive a participation ribbon at the finish line. First to third place ribbons will be awarded for the children's races at approximately 11:30 am.

Cold Weather Policy:

The marathon will be cancelled if it is sub -25°C at race start time. Event organizers will consider a delayed start time to avoid cancellation. In the unlikely event of race cancellation the organizers reserve the right to recover costs incurred.

Lunch and Snacks:

Your entry fee includes a ticket for soup and a bun (value \$5+). Additional food will be available for sale upstairs in the lodge. Feed stations will be set up on the course.



Determining your CATEGORY:

Individuals entering only the classic on Saturday and skiing 51 km select category 51C. Individuals entering only the skate on Sunday and skiing 51 km select category 51S. Individuals skiing both classic and skate for 51 km each day then select category 51CS. The same rationale applies to the 34 km and 17 km and 7.5 km distances.

For MIXED TEAMS: if you are skiing the 17 km classic on Saturday, select category 17C. Your mixed team partner (of the opposite sex) would then be skiing the 17 km skate on Sunday in category 17S. **As per the registration form instructions, if you are part of a team, please staple and submit your teammate's registration form and payment to yours for easier processing.**

Information: <http://www.bvnordic.ca>

McBike & Sport Ph: (250) 847-5009

email: info@mcbike.bc.ca

Teresa White Ph: (250) 877-2852

email: cedrus@telus.net

Steve Osborn email: Chief@bvnordic.ca

Register by dropping off the form at **McBike & Sport. Buchfink Lodge** or via **mail** (see **How to Enter**)

Registration Form
BV Marathon Ski Weekend
February 27-28, 2010

Please complete a separate form for each person skiing

Name: _____

Male Female

Age on race day: _____

Category: _____

Distance you will ski: _____ km
(If you end up skiing a different distance, you must tell the timers at the finish line or lap lane.)

Mixed Team: Yes No

Teamed with: *(name)* _____
(If you are part of a team, please staple and submit your team mate's registration form to yours for easier processing)

Ski club: _____

Mailing address: _____

Phone: _____

Entry Fee: (Age 5 & under free, age 6-11 is \$10 or \$17, age 12 to 17 is \$20 or \$35 and age 18 & over is \$25 or \$40)

Entry Fee Total: \$ _____

Dinner Tickets: (Age 5 and under free, age 6 to 11 are \$10 and age 12 and over are \$15) # **Attending Dinner:** _____ *(non-skiing dinner guests are welcome; prices as indicated)*

Dinner Total: \$ _____

Total amount enclosed \$ _____

Make cheques payable to BV Cross Country Ski Club

Are you a registered member of the BV Cross Country Ski Club?

Yes No

If NO, please sign the participant's waiver in the last section.

PARTICIPANT WAIVER FORM:

IN CONSIDERATION OF **Cross Country Canada** (hereinafter called CCC), **Cross Country BC**, (hereinafter called **CCBC**) and Bulkley Valley Cross Country Ski Club (hereinafter called the **Host Club**) accepting my entry into the BV Marathon, I hereby for myself, my heirs, executors, administrators and assigns, forever release, and forever discharge, CCC, CCBC and the **Host Club**, their executive directors, servants, agents, sponsors, supporters, employees or volunteers from any and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of CCC, CCBC and the **Host Club**, their servants, agents, sponsors, supporters, employees or volunteers.

Without limiting the generality of the foregoing, I further release any and all recourses which I may now or hereinafter have resulting from any decisions of CCC, CCBC and the **Host Club**.

In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason.

I declare that my physical condition, to the best of my knowledge, is adequate to participate safely in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as 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 is instructed not to participate in the event, I hereby assume all risks associated with my participation.

I authorize and consent to the publication by CCC, CCBC and the **Host Club** of any materials containing my name or picture, and I release to CCC, the CCBC and the **Host Club** and all persons acting under authority from them, any claims I might have due to the initial or subsequent publication of such material.

By completing this **Waiver of Liability** with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by CCC, CCBC and the **Host Club**, and to follow the instructions of the officials during the event.

Participant Release and Waiver

As a participant of the named activity, I have read and understand the contents and intent of this waiver:

Print your name: _____

Signature _____ Date _____

Witness: _____

Minor Participant Release and Indemnification

As a parent or guardian of _____ who is under the age of majority (as applicable in the participants home province), I have read and understand the contents and intent of this waiver and accept its terms and conditions on behalf of _____

Name of Parent/Guardian: _____

Parent/Guardian Signature _____ Date _____

Witness: _____

