



3rd Annual Winterrific Snowshoe Race
MN State Championship & Nationals Qualifier
 Saturday, January 21st, 2012 – Murphy Hanrehan Park, 15501 Murphy Lake Rd, Savage, MN
 Proceeds donated to ALS Association

Races: 6 mile (championship & nationals qualifier) 10 mile or 20 mile

The race course is on the mountain bike trail, which starts at the cross-country ski trailhead. This is a beautiful but challenging course. It is single-track, very hilly and is a non-groomed trail (except by snowshoers and hikers). Aid stations placed at 3-4 mile intervals along the course will be stocked with water, sports drink and various food items. Food will also be available in the warming house post-race.

Awards will be given to the first and second place male and female finishers of each race. All participants will receive a T-shirt.

Race times: 10 & 20 mile 9:30 (check-in 8:30-9:00) **No race day registration

6 mile 10:00 (check-in 9:00-9:30) **No race day registration

Race Fees: 6 mile - \$20 10 mile - \$25 20 mile - \$35

Race Information: website: www.winterrificmn.com or contact race directors Mike & Colleen Millonig 952-447-3830

Entry Form – must be post marked by January 16th (no race day registration)
 Mail to: Mike Millonig, 5739 River Oak Dr., Savage, MN 55378. Make checks payable to Winterrific Snowshoe Race

Name: _____ E-Mail: _____

Address: _____

Race (circle one): 6 mile 10 mile 20 mile T-Shirt size (run small) S M L XL

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating &/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, leased, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that the Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers of the event in which I may participate, and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter occur to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: United States Snowshoe Association (USSSA), Winterrific Race Directors, Three Rivers Parks, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, USSSA sponsors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releases or otherwise. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns. The Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document; and, I understand its content.

PARENT/GUARDIAN WAIVER FOR MINORS (Under 18 years old) The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Signature _____

Date _____

Signature of Parent or Guardian (if participant is under age 18)

Date _____