

The Third Annual
Skippy Santa Solstice Ski
 December 19th, 2009 Woodland Trails, Elk River
Nordic Race

Come and enjoy the snow and the challenging terrain of Woodland Trails. The 20 km course will take full advantage of the trail system; winding through the hilltop loop, triple hills, up Big Tooth Shoot to Top-of-the-World and back through the city park's trails to start the second loop. The 10 km course will follow the same path with only one loop. The children's races will stay on the easy terrain of the close loops in the park area making it easy to cheer on your kids! After your race enjoy hot snacks and treats while places are finalized and awards are prepared.

A great early season race to get your "ski" legs ready for the season. (T-shirts for the first 50 registrants.) It is an early season race so we are weather dependent. The past two years have worked out well; our back-up date is January 2nd if we don't have snow on the 19th.

Order of Events: 8:30 am Race Day registration opens and bib pick-up begins
 10:00 am 20 km Race with 10 km split time (2 lap course)
 10:05 am 10 km Race (1 lap course)
 10:10 am 10 km Citizen (1 lap course)
 12:00 pm 1 km or 2 km children's race

Entry Fee: \$25 if **postmarked by December 14th**, Race day Registration is \$35. The kid's race is free. There will be no refunds but we will have a make-up date if the snow doesn't come. Online registration is available until midnight on December 18th for the \$25 rate. T-shirts are guaranteed to the first 50 registrants.

Age Groups (Please Circle) High School 18 - 29 30 - 39 40 - 49 50 - 59 60 - 69 70 and Over	Name First: _____ Last: _____ Address: _____ City: _____ State: _____ Zip: _____ 20 k Race: ____ 10k Race: ____ 10k Citizen: ____ 1k Kids: ____ 2k Kids: ____
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I understand that participation in any skiing activity involves risks of serious injury including; permanent injury, death and other losses both to me and my property. I understand that these injuries and losses might result not only from my actions, but the actions, inactions or negligence of other. I hereby waive, release and hold harmless event organizers or sponsors from all claims by me, my relatives, my heirs, my executors and any who might pursue any legal action or claim on my behalf, for any liability, injury, loss or damage in any way connected with my participation in the activity.

Signature: _____ Date: _____
FOR ANY ATHLETE UNDER THE AGE OF 18:

Signature: _____ Date: _____

Make Checks payable to: Elk River Nordic Team
 This is a fundraiser for the Elk River High School Nordic Ski Team

Mail Payment and registration to: Kirstin Anderson
21850 Jarvis St.
Elk River, MN 55330

For updates, course map, photos and more information, please check online at:
www.ElkRiverNordic.org/noname