

28th Annual OSCR

Trail Head Series Race

Cross-Country Ski Marathon

January 30, 2010

50-K — 10AM (9 am slow-skier start) • 20-K — 10:15AM • 10-K — 10:30AM.

Sponsored by

Location: Seeley Creek Nordic Ski Trails.

Registration: Seeley Creek Nordic Ski Trails trailhead. Saturday, January 30, 8AM. Or mail your registration/release form to Lynn Carey (see page 2). You must pick up your race bib in person. You must pre-register to guarantee your T-shirt size

Age Classes: 5-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-plus; male & female. 50-K entrants must be 18 years of age or older.

50-K Race 10AM: This race will be a single loop race starting at the trailhead and going over Rice Ridge.

50-K 9AM Slow-Skier Start: Official start for entrants who may take more than four hours to complete the 50-K race.

Entry Fees: 50-K races — \$40
20-K race — \$30
10-K race — \$25

Awards Ceremony and Feed:
Seeley Lake Community Center • 2:15PM (racers free)

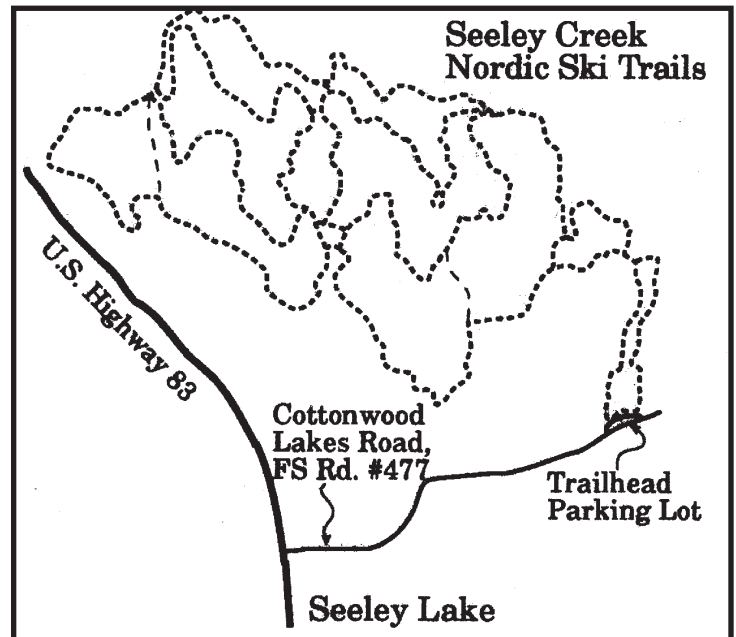
Seeley Lake Lodging

Double Arrow Lodge — 677-2777 • 800-468-0777
Seeley Motor Lodge — 677-2335 • 800-237-9978
The Lodges at Seeley Lake — 677-2376 • 800-900-9016
Rich Ranch — 677-2317 • 800-532-4350

Registration Form can be downloaded from **Missoula Nordic Ski Club** website: www.missoulanordic.org

For More Information: Lynn Carey 406/677-2343 • Adrian Vanderwielen 406/677-7474

- ❄ The Trail Head
- ❄ Big Sky Brewing
- ❄ Hammer Gel
- ❄ Open Road Bicycles & Nordic Equipment
- ❄ Seeley Lake Chamber of Commerce
- ❄ Seeley Lake Nordic Ski Club



Tamaracks Resort — 677-2433 • 800-447-7216
Three Falls Inn — 677-6268 • 888-655-5388
Wilderness Gateway Inn — 677-2095 • 800-355-5588
Whitetail Cabins — 677-2024

28th Annual OSCR Registration Form

To advance register, please print out this page, fill in the information, and mail to
Lynn Carey, Box 99, Seeley Lake, MT 59868 (make checks payable to Seeley Lake Nordic Ski Club)

ACKNOWLEDGEMENT AND ASSUMPTION OF RISK AND RELEASE

Trail Head

406/543-6966 • www.trailheadmontana.net

221 E. Front St., Missoula, MT

In consideration of my being permitted to participate in the Trail Head Race Series held at Seeley Creek Nordic Ski Trails, I, the undersigned participant, for myself, my heirs, executors and administrators, forever release and hold harmless the Seeley Lake Nordic Ski Club, Seeley Lake Chamber of Commerce, U.S. Forest Service and Trail Head, Inc., its agents, employees, successors and assigns, any of its distributors, or any person officially connected with this event from any and all claims, actions, losses, damages or expenses including attorney fees for bodily injury or personal property, incurred by me arising out of or in conjunction with the above mentioned Race Series.

I am of legal age and capacity and have read and understood the contents of this release. I warrant that I am in good health and that I have no physical condition that would prevent me from participating in this event. I also agree to the use of my photograph for publicity purposes in promoting the Race Series. I understand that ski racing is an action sport that carries significant risk of injury or death. Natural and man-made obstacles exist and snow conditions may vary constantly with weather changes and skier use.

SIGNATURE OF APPLICANT

FULL NAME OF PARTICIPANT (please print)

ADDRESS

PHONE NUMBER

AGE _____ GENDER: male female

50K (9AM) 50K (10AM) 20K 10 K

CITY, STATE, ZIP

T-SHIRT SIZE S M L XL

WITNESS (if participant under 18)

DATE