



PO Box 242751
Anchorage, AK 99524
www.crosscountryalaska.org

November 17, 2003

Dear Alaskan Cross Country Skier:

Enclosed is a race entry form for the 2003-04 Besh Cup Series, the premier ski race series in Alaska. You can also register online through our website, www.crosscountryalaska.org. We encourage you to sign up now, so that you will be ready once the racing season gets underway.

We are excited to have a new non-seed start option for Masters skiers in Besh Cup races this year. This will be a low-key way for adults to try racing. For more details, see our website.

Cross Country Alaska is a non-profit organization that is dedicated to advancing the sport of cross country skiing throughout Alaska. Your membership in CCAK is included as part of your race fee. Our mission is to help create an environment in which the sport and culture of Nordic Skiing can flourish, making skiers from Alaska the best in the world.

During the 2002-03 season, Cross Country Alaska programs included:

- Overseeing the Besh Cup Series, ensuring top-quality racing opportunities for Alaskan skiers;
- Selecting the Junior Olympic athletes and coaches, and making all the arrangements for Team Alaska to compete at Junior Olympics in Fairbanks, Alaska;
- Keeping the Cross Country Alaska website current with race entry and result information;
- Co-sponsoring a ski coach education workshop, with APUNSC
- Representing Alaska at USSA meetings in Utah and Maine

The core of the CCAK program has been the Besh Cup races and the selection the Junior Olympic and Arctic Winter Games teams. While maintaining the quality of these functions, Cross Country Alaska wants to do more. We would like to expand training and educational programs for coaches and build an active program for the Regional Elite Team and Regional Development Team. If you have ideas for programs or sponsorships, please share them us. The continued existence of CCAK depends on skiers, and parents of skiers, who are willing to make the time to become involved to improve skiing for now and the future.

Please fill out the enclosed membership form or register online at www.crosscountryalaska.org.

All race competitors must complete the front and back of the Cross Country Alaska and USSA Risk Waiver forms. Return the forms, along with a check made out to Cross Country Alaska, to the address in Anchorage. Don't delay – the ski season is here!

Thank you for your support,

Cory Smith
Cross Country Alaska



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2003-2004 Besh Cup Race Entry & Membership Application

Please fill in the information below, and sign the waiver.

Mail application and fees to: Cross Country Alaska, PO Box 242751, Anchorage, AK 99524.

Checks should be payable to **Cross Country Alaska**.

Membership is included in race entry fees; no separate membership payment is necessary.

—PLEASE PRINT LEGIBLY—

First & Last Name Sex (circle) **M / F** Birth Date / /
month/ day/ year

Mailing Address or PO Box Number

Town or City State Zip Code

Ski Club School, University, or Trade Team

e-mail address Phone Number

Circle for race entry

Event	Date	Day	Location		Adult J3,J2,J1,older	Youth J6,J5,J4
Besh Cup # 1	20 Dec 2003	Sat	Kincaid Park, Anchorage	Free	\$25	\$5
Besh Cup # 2	21 Dec 2003	Sun	Beach Lake, Chugiak	Classic	\$25	\$5
Besh Cup # 3	24 Jan 2004	Sat	Homer	Classic	\$25	\$5
Besh Cup # 4	25 Jan 2004	Sun	Homer	Free	\$25	\$5
Besh Cup # 5	07 Feb 2004	Sat	Salcha Trails, Salcha	Classic	\$25	\$5
Besh Cup # 6	08 Feb 2004	Sun	Birch Hill, Fairbanks	Free	\$25	\$5
Non-Racing membership for Coaches, Parents, and Supporters =					\$25	
Total Amount Paid =						

Check this box if you would like to start in the non-seeded Master class, rather than in the seeded classes

Class	J6	J5	J4	J3	J2	J1	OJ	Sr	M1 M2	M3 M4	M5 M6	M7 M8
Year of Birth	97 96	95 94	93 92	91 90	89 88	87 86	85 84	83 thru 74	73 thru 64	63 thru 54	53 thru 44	43 thru 34

**Competitors must sign the CCAK and the USSA risk waivers.
If you are under age 18, your parent or guardian must also sign.**

CROSS COUNTRY ALASKA -- 2003-2004 BESH CUP RACE SERIES

Acknowledgement and Assumption of Risk and Release

In consideration of the rights and privileges associated with participation in Cross Country Alaska Junior Olympic Qualifying cross country ski races held in December 2003, January, February, and March 2004, coordinated by Cross Country Alaska and sponsored by the various host ski clubs and organizations, I agree and acknowledge to be bound by the following:

- 1. Identification of Risks.** I understand that preparation for and participation in cross country skiing competitions (the Activity) involves of risks of serious injury, including disability, 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 also from the actions, inaction, or negligence of others. Inherent dangers and risks include, for example, weather conditions such as wind and cold resulting in frostbite, existing and changing snow conditions, collisions with natural and man-made objects and other skiers, variation in terrain and the failure of skiers to ski within their own ability and physical fitness levels.
- 2. Assumption of the Risk.** I agree that I am responsible for my safety while participating in the Activity, and that such responsibility includes participating in the Activity only: a) when I am both physically and psychologically prepared to participate safely, b) after fully familiarizing myself with the venue before beginning the Activity, including the weather and snow conditions, race course layout and obstacles that a visual inspection would have revealed, and c) while using the equipment of a type and condition reasonably necessary to safely participate in the Activity. I assume all risks connected with responsibility for any injury or loss connected with my participation in the Activity.
- 3. Waiver.** Aware of the risks and willing to assume them, I hereby waive, release, and hold harmless Cross Country Alaska, each of the host ski clubs for the Junior Olympic Qualifying events, and each of the landowners (public or private) on whose land the races take place, and each of those individual's or organization's affiliates, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers or sponsors ("Released Parties") from all claims by me for any liability, injury, loss or damage in any way connected with my participation in the Activity, except where caused by gross negligence or willful or wanton misconduct of any of the Released Parties. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, and next of kin or assigns who might pursue any legal action or claim on my behalf.
- 4. Applicable Law.** This waiver and release informed under and is to be interpreted consistent with laws of the State of Alaska.
- 5. Insurance.** I currently have, and agree to maintain throughout the time that I participate, valid and sufficient medical and accident coverage. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

I HAVE READ CAREFULLY THIS WAIVER AND RELEASE, AND I AM SIGNING IT VOLUNTARILY.

Date: _____ Competitor: _____
Signature
Competitor: _____
Printed Name

FOR ATHLETES OF MINORITY AGE (i.e. under 18 years of age)

This is to certify that, as parent/guardian of this participant, I do consent to his/her agreement to be bound by each of the terms and conditions identified above.

Date: _____ Parent/Guardian: _____
Signature
Parent/Guardian: _____
Printed Name
Parent/Guardian: _____
Relationship

**UNITED STATES SKI AND SNOWBOARD ASSOCIATION
ASSUMPTION OF RISK AND RELEASE OF LIABILITY – READ CAREFULLY BEFORE SIGNING**

I know and understand that skiing and snowboarding in their various forms, as well as preparation for participation in, coaching, volunteering, officiating and related activities in alpine, nordic, freestyle, disabled, and snowboarding competitions and clinics (all of which are hereinafter collectively referred to as "Activities"), involve many **RISKS, DANGERS and HAZARDS**. These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and man-made obstacles and structures, equipment failure, collisions with objects or structures, being struck by skiers/riders or equipment, and exceeding my own abilities. I further understand that ski and snowboard training and competition involve performance at the limits of one's abilities, and therefore are more hazardous than recreational skiing and snowboarding. I understand that **INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE**. I know that the risk of **SEVERE INJURY** and even **DEATH** exists in all training and competition locations and activities, including free skiing and riding. I also know that personal training, coaching, instruction, supervision and enforcement of rules by the United States Ski & Snowboard Association, its subsidiaries, affiliates, officers, directors, volunteers, employees, coaches, contractors and representatives, local ski clubs, competition organizers and sponsors, and ski and snowboard facility operators (hereinafter the term "USSA" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety.

With full knowledge and understanding of the **RISK OF SEVERE INJURY AND DEATH** involved in ski and snowboard training and competition, **I FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES**, even if I follow the instructions or advice of USSA.

In partial consideration of USSA's acceptance of my membership application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter "Member") agrees to comply with and be bound by the following terms at all times, whether training or practicing for competition, or in competition.

1. Member agrees never to utilize any run, course or facility for any training, practice or competition without first conducting his/her own thorough visual inspection of the run, course or facility.
2. Member hereby unconditionally **WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY USSA (as defined above) FROM ANY CLAIMS**, present or future, to Member or his/her property, or to any other person or property, for any loss, damage, expense, or injury (including death), suffered by any person from or in connection with Member's participation in any Activities in which USSA is involved in any way, due to any cause whatsoever, **INCLUDING NEGLIGENCE** and/or breach of express or implied warranty on the part of USSA. Member's sole remedy in the event of any injury shall be compensation for medical expenses under the USSA secondary accident insurance program (unless Member waives such coverage by executing a Medical Exception Agreement).
3. Member hereby **RELIEVES USSA OF ANY DUTY TO PROTECT MEMBER FROM HARM** in connection with any Activities in which USSA is involved in any way.
4. Member authorizes USSA to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of USSA, medical attention is required and Member is unable to make such decisions for himself/herself. Member agrees to pay all costs associated with such medical care and related transportation and shall indemnify USSA of and from any such costs.
5. This Agreement shall be construed in accordance with, and governed by the substantive laws of, the State of Utah, without reference to principles governing choice or conflicts of laws. In addition, Member agrees that all lawsuits for personal injury or related loss against USSA must be maintained in state courts sitting in Summit County, Utah or federal district courts sitting in the District of Utah, Central Division and Member consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable.

HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, MEMBER SIGNIFIES HIS ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

Signature: _____ Date of Birth: _____

Printed name: _____ Date Signed: _____

SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR MINOR MEMBERS

As the parent or guardian of the minor Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns. I intend to give up my right, the Member's right, and the right of any other parent or guardian to maintain any claim or suit against USSA arising out of the Member's participation in any Activities involving USSA in any way. I believe and represent that **I HAVE LEGAL AUTHORITY TO MAKE THESE AGREEMENTS, REPRESENTATIONS, WAIVERS AND RELEASES, AND I AGREE TO DEFEND AND INDEMNIFY USSA** from and against any and all liability arising out of any lack of authority on my part to legally bind the Member, or any unenforceability for any reason of the above agreements, representations, waivers and releases made by or on behalf of the Member.

Parent or guardian's signature _____

Printed name _____ Date _____