

SALOMON

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ACCELERADE

Kingston High School Nordic Skiing 8th Annual Roller Ski Races



NATHAN

When: Sunday, November 20, 2011 - check-in starts at 10am
Where: Miller Middle School Lake Katrine, NY
Races: 12 noon -5km classic; 12:30pm -2km novice freestyle; 1:15pm - 10km skate
Entry Fee: \$15 for one race; \$20 for two races
Make checks payable to: KHS Nordic Skiing

EarMitts
Bandless Ear Muffs

Prizes: Merchandise prizes supplied by the sponsors given out via a raffle.
For individual & team awards check the blog: kingstonnordic.blogspot.com
Each skier will receive a bag of supplies & information from the sponsors and a t-shirt. Total value over \$30. Guaranteed to all preregistered racers.

Directions: NYS Thruway to exit 19 Kingston. Take Rt 28 west to Rt.209 North. Exit Enterprise Road. Make a left at the light and proceed straight into the Miller Middle School grounds.



Mail Entry: Greg Malia (845-658-9472 home; 845-518-8598 cell)
7 Youngs Lane email: dgmalia@earthlink.net
Tillson, NY 12486

Extras: Nordic specialists **High Peaks Cyclery** from Lake Placid will be on hand selling ski and other equipment. So do some Christmas shopping while you're at the race & drop off your skis for stone grinding.



Check kingstonnordic.blogspot.com for details and special pricing.

Entry Form

Name: _____ Age: _____ Sex: _____ Shirt size _____

Address: _____ City: _____ State: _____ Zip: _____

Please check your race(s): 5K _____ 2K Novice _____ 10K _____

I, hereby for myself, heirs, executors, and administrators waive and release any claims that I may have against any and all parties involved with this event, their agents and representatives, for any injuries that may be suffered by me in this event including but not limited to those injuries which may result from the negligence of any party involved with this event. I certify that I am in physical condition for this event.

Signature (parent if under 18): _____ Email: _____

(please: write clearly)

RUDY. PROJECT **concept 2**