

The Friends of Lapham Peak Proudly Present the

Lapham Peak Junior Nordic Ski Series

7 Wednesday Night Events January 6th through February 17th, 2010

Location: Lapham Peak State Park on Hwy. C in Delafield, WI, less than 1 mile south of I-94. Registration takes place in the Evergreen Shelter located adjacent to the lower parking area, near the race start and finish area.

Course: The course consists of one (1) lap around the lighted ski trail, a 4.2 km (2.6 mi) rolling trail, for grades 9-12. The inner-lighted ski trail avoiding the two big hills, a 3.2 km (2 mi) trail, will be used for grades 6-8. Several smaller loops will be used for grades K-6th.

Technique: The race series consists of alternating freestyle and classical technique races every week. Freestyle technique will be allowed on classical technique nights but will not count toward race placement awards. Separate placement awards will be based on participation in the freestyle technique races and in the classical technique races if enough races of each technique are held.

Classes: Students grade 6 through 12 can participate as individuals or as team members. Boys and girls divisions for grades 6-8 and 9-12 are offered. K-6th grade beginner and advance divisions will also be offered. Awards for each class and division are available.

Time: **Freestyle Races:** Jan. 6, 20, Feb. 3, 17
Classical (Optional Freestyle) Races: Jan. 13, 27, Feb. 10
K-6th grade divisions at 6:45 pm. High school and Middle school Boys divisions at 7:00 pm; Girls divisions follow. Please be registered and ready to ski 10 minutes prior to race start.

Fee: Single race night entry fee of \$5 is available on a week-to-week basis. On-site registration and bib distribution **begins at 6:15 pm and closes 10 minutes prior to each race start.** Race bibs are collected nightly after race conclusion.

For further information, please contact Paul Keber at 262-547-4827 or the Lapham Peak web site Skiing page at www.laphampeakfriends.org. For information pertaining to Wednesday Night Adult Series, please contact Kris Maki at 262-965-2636. For ski conditions at Lapham Peak, contact the Lapham Peak Trail Hotline at 262-646-4421 or the Lapham Peak web site Trail Conditions Trail Reports page.

ENTRY FORM

This entry form only needs to be filled out once per race season. It can be turned in at your first race. (Print VERY CLEARLY)

LAST NAME: _____ FIRST NAME: _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ PHONE: _____

AGE: _____ MALE / FEMALE GRADE: _____ SCHOOL OR TEAM NAME : _____
(as of 1/6/10) (Please circle) (6-12) (High/Middle/Grade)

DIVISION (Please circle): **K-6TH BEGINNER** **K-6TH ADVANCED** **6-8 MIDDLE SCHOOL** **9-12 HIGH SCHOOL**

RACE WAIVER: If you do not accept fully the following conditions, do not participate in these events. I, the undersigned, know that Nordic skiing is an action sport carrying significant risk of personal injury. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions, and risks that, in combination with my actions, can cause me severe or fatal injury. I hereby waive and forfeit all rights I, my heirs, successors, or assigns have to file suit or make any claims against the sponsors, volunteers, or organizers of these events, including the Friends of Lapham Peak and the State of Wisconsin Department of Natural Resources, its employees, arms or agents, for injuries occurring in the course of, or in any way relating to these events. I recognize that by signing this document I am providing complete defense to any suit or claim brought against the organizers, sponsors, volunteers, Friends of Lapham Peak and the State of Wisconsin Department of Natural Resources and its employees, due to any incident related to these events.

SIGNATURE:

DATE:

(Parent or Guardian if under 18 years of age)

Send Entry Form to: **JUNIOR NORDIC SKI SERIES**
Paul Keber
2000 Cobblestone Ct.
Waukesha, WI 53188

Make Checks Payable to: **FRIENDS OF LAPHAM PEAK**