The 40th Annual Langlauf 10 K Ski Race February 9th- 2020

Welcome to the 40th Langlauf,
Wow I can't believe this will be the 40th Langlauf. You just have to come up and celebrate 40 years of skiing over the hills. We will again have adaptive skier categories. If you are visually impaired or a sit skier you will be able to participate in our Wave start, but depending on ability will turn around at junction 2 or 5 and then back to our traditional finish line. We are also continuing our tradition of 10 or younger participants register for free with a paid adult registration. Make sure and tell all your friends!
For the rest of our participants the race follows our now traditional 10 k course around the Nordic Trails at Mount Spokane State Park. Maps are posted in Selkirk Lodge and on our website. Get there early and you can have the wax pros from Fitness Fanatics apply the wax of the day for free to your skis. As in the past we will be starting at 10:00 with wave starts for each group.
Langlauf is a 501 3c nonprofit. Proceeds generated by the race are redirected back to the Nordic ski community in the form of scholarships to the Junior Racing and Adaptive skiing programs or trail improvements like the Warming Hut and MREC. With this in mind we encourage you and your families to support the businesses that support us. Most of our sponsors have participated for years. As a result of their sponsorship we will be giving away close to $6000 of prizes based on a random drawing of bib #. Thanks again to our wonderful sponsors and to you for participating. There are several other races throughout the winter thanks to the efforts of the Nordic club. More information on them can be obtained on the Nordic club website at www.spokanenordic.org. You will also find a link to a web cam and the weather station on Quartz Peak (a great site to use for pre waxing and clothing selection) as well as grooming conditions.
To mail in your entry please print our PDF registration form. Also please put your email address on the registration form. This will allow us to contact you for future events saving the environment by printing less. We will only contact you about Langlauf related events, and you may opt out at any time.
Tim Ray, President

REGISTRATION AND BIB PICKUP

Use a separate form for each entrant, complete clearly and mail to Langlauf by Jan. 25th or deliver to Fitness Fanatics, 12425 E. Trent, just East of Pines in the Spokane Valley. Early bib pick-up and late registration on Feb. 7th from 5:00 PM to 7:00 PM. at Fitness Fanatics. Door Prize drawing at 6pm. Must be present to win. On race day, packet pickup and late registration opens at 8:30 and closes at 9:30 AM. **ON-LINE REGISTRATION available at www.spokanelanglauf.org. Online registration is open through Wednesday Feb. 5th, 2019.**

HOW TO WAX FOR LANGLAUF *Free Clinic by Fitness Fanatics*

At Fitness Fanatics - 12425 E. Trent, Spokane WA Friday, Feb. 7th, 2020 6 - 7 PM
You will learn the best glide and grip waxes, and how to apply them for optimum performance.

THE START

Like Bloomsday, our mass wave start works very well with four start zones:
Racers having a current USSA competitor's license will be allowed to be seeded in the Elite or Fast Zone.

- Elite - for the fastest racers only
- Fast - for those who can ski fast, but not all out
- Sport - for experienced skiers in good shape who never need to stop
- Fun - for beginners, very young and those who mostly want to enjoy the scenery

Your finish time from previous races and your bib # will determine your assigned start zone. Volunteers will be available to assist you. Please cooperate for the safety and enjoyment of all.

THE COURSE

It totals just about 10k and 640 feet of elevation gain. We encourage everyone to become familiar with the course in advance. Look for the course map in the lodge in January. There will be water at Jct. 4. **Make sure to remove your transponder before leaving the finish area. There is a $95.00 charge if we do not receive it back. If you are visually impaired or a sit skier you will be able to participate in our Wave start, but at junction 1 will continue on Linder road to a turnaround then back to Valley View and our traditional finish line.**

THE FINISH

We must be able to see your bib on your chest. Finish times of two hours or less will be recorded and posted in the official results. Finish line will close at 12:00

RULES

NO SKATING! The Langlauf is strictly a CLASSICAL TECHNIQUE event. A SNO-PARK PERMIT WITH SPECIAL GROOMING STICKER IS REQUIRED TO PARK IN THE LOT, and are available from Fitness Fanatics or at www.parks.wa.gov/winter. PLEASE CAR POOL. NO SKI WAXING in the lodge - there are no outlets available for irons. Please be sure to read all rules. They are posted on our web site and provided in your packet with your race bib. THE RELEASE MUST BE SIGNED BEFORE RECEIVING YOUR RACE BIB. It is important that you do not mix up your transponder with that of a family member or ski buddy. It could prevent us from giving you a finish time.

FREE KICK WAX by THE FITNESS FANATICS WAX WIZARDS

Have problems getting the right wax on your skis for Langlauf? Compliments of Fitness Fanatics and Toko, we will apply the kick wax d'jour to your skis at no charge. Bring your skis to the Fitness Fanatics wax station between 8:30 and 9:00 on race day. Be sure the kick zone is cleaned or only has binder wax - we can only add wax.

AWARDS AND PRIZES

Our awards ceremony is epic. Not only do we award special trophies to the overall male and female winners, each age class winner will receive a unique Langlauf award. 2nd and 3rd place finishers also receive Langlauf Medals. 4th and 5th place in each age group receive ribbons. During the award ceremony, we draw for over $6,000 in door prizes! All registered racers and volunteers are eligible. You could win boots and skis, and other top equipment from Fitness Fanatics, a ski trip to Sun Mountain in the Methow Valley, Izaak Walton or Rendezvous Huts. Racers must be present to win.
The first 400 registered receive our always unique Langlauf commemorative ski pin.

WOOLIES AND WOODIES

A long-time Langlauf tradition, the Woolies Awards will be recognizing with fun prizes, those Langlaufer's who dress in the fashion of the sport's early traditions. This is pre-Lycra, the more like a costume the better. The Woodies Award is a special trophy to first place male and female finishers on wooden skis - and are dressed in Woolies.

GREAT HOT SOUP LUNCH BY SOULFUL SOUPS AND SPIRITS

It will be HOT and served with rolls from Common Crumb - free to racers and volunteers. Morning treats from Rocket Bakery and coffee as well as fresh fruit will get you ready to race. Wash it all down with Hot Apple Cider from Walters Fruit Ranch or Fresh Coffee from Roast House Coffee.

RESULTS

Results will be posted by the porch entrance to Selkirk Lodge before our awards ceremony and complete results will be available on line by 1:00 pm race day at www.spokanelanglauf.org.

NOTE:

Your phone number and e-mail address will be used in case of entry problems only. By participating in langlauf your photograph may appear on promotional materials with the understanding that your name may or may not be displayed. You will not be compensated for the use of your photograph or likeness and release Langlauf from any liability in connection with the making, publication, distribution or other use of such materials.

SNOWPARK PERMITS WITH GROOMING STICKER REQUIRED

You can download a registration form on the Internet at www.spokanelanglauf.org Or Pay and Register ONLINE
Results will also be posted on the website shortly after the race. For information, or to volunteer, call Fitness Fanatics at 509-922-6080

ENTRY FORM

ONLY ONE CONTESTANT PER ENTRY FORM
PLEASE PRINT CLEARLY

LAST NAME _____ MI ___
FIRST NAME _____
ADDRESS _____
ADDRESS _____
CITY _____
STATE ___ ZIP _____-____
PH (___) ___-____
DATE OF BIRTH ___ ___ ___ (M M D D Y Y)
E-MAIL ADDRESS _____
SEX ___ AGE ON 1/1/20 ___

1-10 ___ 30-34 ___ 50-54 ___ 75-Plus ___
11-14 ___ 35-39 ___ 55-59 ___
15-19 ___ 40-44 ___ 60-65 ___
20-29 ___ 45-49 ___ 66-74 ___

DO NOT WRITE IN THIS AREA
BIB

Please Mark If You Are: Adaptive Sit Ski ___ Visualy Impared ___

ONLINE REGISTRATION IS $30.00 UNTIL 01/26/2020

ENTRIES ARE NON-REFUNDABLE & NON-TRANSFERABLE

2020 LANGLAUF $30.00 Until 1/25/19 (Mail In)

LATE ENTRY ON LINE 1/26/2020 to 2/05/2020 $35.00

DAY OF RACE THE ENTRY FEE IS $40.00

AMOUNT ENCLOSED $ _____
U.S. Funds *Make Checks Payable To:* LANGLAUF ASSOCIATION
P.O. BOX 593
SPOKANE, WA 99210

Do not mail after 1-25-20, bring entry to the race.

COMPLETE ALL INFORMATION ABOVE AND THE RELEASE FORM. →
10 and under no charge with a paid adult. VI Guide Is Also No Charge.

LANGLAUF ASSOCIATION ASSUMPTION OF RISK AND RELEASE OF LIABILITY
READ CAREFULLY BEFORE SIGNING

I understand that skiing in it's various forms, as well as preparation for participation in, coaching, volunteering, officiating and related activities in Nordic, competitions and clinics (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 insteepness 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 one's own abilities. I further understand that ski training and competition may be more hazardous than recreational skiing.

I understand that INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE of the Activities. 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 Langlauf 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 "Langlauf" 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 Langlauf. In partial consideration of Langlauf's acceptance of my membership application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter "Skier") agrees to comply with and be bound by the following terms at all times, whether training or practicing for competition, or in competition.

1. Skier hereby unconditionally WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY Langlauf (as defined above) FROM ANY CLAIMS, present or future, to Skier 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 Skier's participation in any Activities in which Langlauf is involved in any way, due to any cause whatsoever, INCLUDING NEGLIGENCE and/or breach of express or implied warranty on the part of Langlauf Skier's sole remedy in the event of any injury shall be compensation for medical expenses under the Langlauf secondary accident insurance program (unless Skier waives such coverage by executing a Medical Exception Agreement).
2.Skier hereby RELIEVES Langlauf and WA State Parks OF ANY DUTY TO PROTECT Skier FROM HARM in connection with any Activities in which Langlauf is involved in any way.
3.Skier authorizes Langlauf to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of Langlauf, medical attention is required and Skier is unable to make such decisions for himself/herself. Skier agrees to pay all costs associated with such medical care and related transportation and shall DEFEND, INDEMNIFY AND HOLD HARMLESS Langlauf and WA State Parks of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care.
4.Skier 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.
5. This Agreement shall be construed in accordance with, and governed by the substantive laws of, the State of Washington, without reference to principles governing choice or conflicts of laws. In addition, Skier agrees that all lawsuits for personal injury or related loss against Langlauf must be maintained in state courts sitting in Spokane County, Washington or federal district courts sitting in the District of Washington, Eastern Division and Skier 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, Skier SIGNIFIES HIS ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

Skier Signature:_____ Date Of Birth_____

Printed Name:_____ Date Signed: _____

SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR MINOR SKIERS

As the parent or guardian of the minor Skier named above, I hereby make and enter into each and every agreement, representation, wavier and release described above on behalf of myself, the Skier, and any other parent or guardian of the Skier, intending that they be binding on me, the Skier, and our respective heirs, executors, administrators and assigns. I intend to give up my right, the Skier's right and the right of any other parent or guardian to maintain any claim or suit against Langlauf arising out of the Skier's participation in any activities involving Langlauf in any way.

Parent or Guardian's Signature _____ Date _____

Printed Name _____ Under age 18