



# The Frosty 5/15k Freestyle

## Cross Country Ski Race

**Sat, January 14, 2011, 9:00 AM**

Huron Meadows Metropark

8765 Hammel Rd

Brighton, MI, 48116-8813

<http://www.NordicSkiRacer.com/Frosty>

### 15k and 5K Freestyle/Classic (Start time: 10:30am)

There are skate and classic divisions for both the 5K and the 15K race. Choose your technique and distance! Want a challenge? Do the 15K! A little unsure or want a shorter distance? Do the 5K! The Frosty is a FABULOUS beginner's race!

### Kids Race (Start time: 9:00am)

This year we have a kid's race for skiers 5-11. The distance will be age-specific. All kids get a custom Frosty medal for crossing the finish line plus lunch.

### Michigan Cup Points

The 15k Frosty event qualifies for Michigan Cup Senior points. Classic and Skate results will be combined for "Freestyle" Michigan Cup Points.

### Where

The race will run on the frosty Huron Meadows Metropark ski trails. Huron Meadows is located just south of Brighton, Michigan, conveniently near the I-96 / US-23 interchange.

### Food and *Frosty* Beverages

Lunch will be provided for all racers. Non-racers may buy lunch for \$5. A frosty beer or two may be purchased from the Metropark at the XC Ski Center counter.

### But it's not *Frosty*?

If January 14 is not frosty enough for a race, the event will be moved (date TBD). Rest assured, we have several frosty tricks up our sleeves to ensure we have snow on the course!

### *Frosty* Proceeds

All proceeds from the race will be donated to the Huron Clinton Metroparks for cross country skiing-related capital or operational expenses. Over the past two years, almost \$6,000 was donated to the park to buy a fleet of rental skate and classic skis. Let's thank the Metroparks for the awesome job they have done promoting cross country skiing at Huron Meadows!

<b>Costs:</b>	Age 16+	\$29 preregistered / \$39 day of race
	Age 12-15	\$15 anytime
	Age 5-11	\$10 anytime

### Registration

\$29 for pre-registered skiers, \$39 day-of event registration. Skiers age 12-15 and under get in for \$15. Kids 11 and under race for \$10. NOTE: Huron Meadows Metropark requires \$5 day pass in addition to the race registration. Annual passes are \$25 (\$15 for seniors) and provide access to all 13 Huron-Clinton Metroparks. A bargain!

### Packet Pick-Up

Fri Jan 13: 6:00pm-8:00pm:

REI Ann Arbor,  
970 West Eisenhower Parkway  
Ann Arbor, MI 48103 (734) 827-1938

Sat, Jan 14: 7:30am-10:00am (Race day):

Huron Meadows XC Ski Center (Golf Clubhouse). (810) 231-4084.

### Race contact info

248-535-9351

[Frosty@NordicSkiRacer.com](mailto:Frosty@NordicSkiRacer.com)

<http://www.NordicSkiRacer.com/Frosty>





**Ann Arbor REI**  
 970 West Eisenhower Parkway  
 Ann Arbor, MI 48103,  
 (734) 827-1938

**Northville REI**  
 17559 Haggerty Rd  
 (Haggerty & 6 Mile Rd)  
 Northville, MI 48168  
 (248) 347-2100

**Troy REI**  
 766 E Big Beaver Rd  
 Troy, MI 48083  
 (248) 689-4402



PLEASE PRINT....

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Birth date: \_\_\_\_\_ Phone: \_\_\_\_\_ Sex: \_\_\_\_\_  
 E-mail: \_\_\_\_\_ Country: \_\_\_\_\_

<b>Circle race:</b>
Kids race (5-11)
5k Skate (12+)
5k Classic (12+)
15k Skate (18+)
15k Classic (18+)

<b>Circle skier age as of Dec 31, 2011</b>	
5-7 yrs	\$10
8-9 yrs	\$10
10-11 yrs	\$10
12-13 yrs	\$15
14-15 yrs	\$15

**T-shirt size (for ages 12+ only): Small Medium Large X-Large**

(All kids 11 and under receive a custom medal rather than a T-shirt)

Team (if any): \_\_\_\_\_

ATHLETE'S RELEASE: I, the undersigned, know that Nordic skiing is an action sport carrying significant risk of personal injury. Racing competition is even more dangerous. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions and risks which in combination with my actions can cause very severe or occasionally fatal injury. I agree that I, and not the ski race or its staff, and /or its clubs, teams, location, officials or sponsors of the Frosty Freestyle, am totally responsible for my safety while I participate or train for these events. (Parental signature for applicants under 18).

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Make checks out to:**

**Team NordicSkiRacer** (Credit cards online only)  
 1060 Yorick Path NO REFUNDS  
 Wixom, MI 48393

16-17 yrs	\$29
18-19 yrs	\$29
20-29 yrs	\$29
30-39 yrs	\$29
40-49 yrs	\$29
50-59 yrs	\$29
60-69 yrs	\$29
70-79 yrs	\$29
80+	\$29
<b>DAY OF RACE REGISTRATION:</b>	
<b>\$39</b>	