

# 28TH ANNUAL MUFFIN RACE

## CROSS COUNTRY SKI HEADQUARTERS

9435 N. CUT RD. ROSCOMMON, MI 48653 | 800-832-2663 | INFO@CROSSCOUNTRYSKI.COM

**Date:** February 23th, 2020

**Eligibility:** Ages 19 and younger

### Senior Muffin Team Sprint Relay Race (Ages 13 (or younger if desired) to 19)

**Registration:** 9:00AM

**Race Start:** 10:30 AM

**Cost:** \$10 (includes lunch)

**Race Format:** 6km Team Sprint Freestyle Relay Race. Two skiers per relay team. Each skier will ski a total of 3 laps around a 2km course, handing off to their teammate between each lap, totaling 6 laps per team. Divisions: Female, Male, and Co-Ed teams. Michigan Cup Scoring: Individual Michigan Cup Junior Points will be awarded to all Michigan Cup racers.

### Mini Muffin Race (ages 12 and under)

**Registration:** 10:30am

**Race Start:** After the finish of the Senior Muffin Race (approx 11:30am).

**Cost:** Free

**Divisions:** Ages 6 and under will ski 1km. Ages 7 to 9 will ski 1km. Ages 10 to 12 will ski 2km.

**Awards:** Medals will be awarded to the top 3 finishers in the Female division, Male division, and Co-Ed division, and awards will also be given for best costumes! All Mini Muffin racers will receive a medal. Racer's BBQ lunch is included with registration. Non-racers are invited to join the barbeque for \$5.00 each.

**LEG 1 SKIER BIB# (official use only):** \_\_\_\_\_

Skier Last Name.....First Name.....

Address.....City.....

State.....Zip..... Phone.....

Sex.....Date of Birth.....Age..... MI Cup Team.....

**LEG 2 SKIER BIB# (official use only):** \_\_\_\_\_ Skier

Skier Last Name.....First Name.....

Address.....City.....

State.....Zip..... Phone.....

Sex.....Date of Birth.....Age..... MI Cup Team.....

Please circle Team Division:                      FEMALE                      MALE                      CO-ED

I, the undersigned, know that Nordic skiing is an action sport carrying significant risk of personal injury and that there are natural and man-made obstacles or hazards. Surface and environmental conditions and risks, which in combination with my actions can cause me severe injury. In consideration of the foregoing, I, for myself, executor, administrators, and assigns do hereby release and discharge Cross Country Ski Headquarters and any and all persons officially or unofficially connected with the events from all claims of damage demands, actions and causes of action what so ever in any manner arising or growing out of my participation in this event.

**Email registration form to:** info@crosscountryski.com

**Racer signature**.....**Date**.....

**Parent or Guardian signature**.....**Date**.....