

**THE RIB LAKE SKI & SNOWSHOE CLUB PROUDLY SPONSORS THE
HINDER BINDER "UNWINDER"
CROSS COUNTRY SKI RACE
SATURDAY, February 20, 2010 at 3:00 PM**

START TIME

3:00 PM 10 km - Skate or Classic

ENTRY FEES

\$5 PRE-REGISTRATION / \$5 DAY OF RACE

The race will be held at Camp Forest Springs just 4 miles north of Rib Lake. The trail is quite challenging with some very steep sections both up hill and down.
ADD THIS CHALLENGE TO YOUR WEEKEND.

DIRECTIONS: From Rib Lake, take CTY Hwy. D north to Rustic Road. Take Rustic Rd #1 one mile until Camp's drive on the right. Head to Camp center and to the Cross Country Ski Shop for race information.

PAYMENT

**RIB LAKE SKI & SNOWSHOE CLUB
MAIL TO:
CATHY MILLER-TEMME
639 WILLIAMS COURT
MEDFORD, WI 54451**

AGE CATEGORIES

FEMALE	AGE	MALE
F-1	19 & under	M-1
F-3	36-49	M-3
F-6	50 & over	M-6

REGISTRATION

Register at Rib Lake High School on the morning of the race or mail in to Cathy Miller-Temme (address under payment section)

AWARDS

Winners in each category will receive a small gift.

**www.skiriblake.com
www.campforestsprings.org**

INFORMATION REGARDING RACE: (715) 748-2307 OR (715) 427-5241

ENTRY FORM - Please Print Clearly

Last Name _____

First Name _____

Address _____

City _____

State _____

Zip Code _____

Telephone _____

E-Mail address for results _____

M _____ F _____

EVENT

Hinder Binder "Unwinder" Race Age Class _____ Skate Classic Bib No. _____

In consideration of acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have or thereafter accrue to me against all sponsors, contributors, and individuals associated with the Hinder Binder or Camp Forest Springs, its agencies, representatives, successors, assignees for any and all injuries suffered by me while taking part in this event. I hereby attest and verify that I have full knowledge of the risks involved in cross-country ski racing, and I am physically fit and sufficiently trained to participate in the Hinder Binder Unwinder. I give my permission for free use of my name and picture in any print media or broadcast account of the event.

Signature _____

Date _____

Signature _____

Date _____

If participant is under 18, parent or guardian must also sign.