

The Prince George

ICEMAN

2008

Sponsored by:
The Prince George Citizen

February 10, 2008

Entry Deadline: Feb. 6, 9 pm

Registration needs to be in our mailbox, at the Aquatic Centre or completed online by this time/date – no exceptions.

Limited Entries - 1st come, 1st served!

RACE INFORMATION

START: All skiers at Caledonia Nordic Ski Centre - Otway Road - **10 am.**

FINISH: Prince George Aquatic Centre.

SHUTTLE BUS! Between ski area and pool. One parking pass per team. No pass, no parking at Otway.

SKI: 8 km (2 x 4 km laps) freestyle on a moderate, maintained course.

NEW!! Boot shuttle now available for **SOLO** participants using Nordic blades on the skate.

RUN 1: 10 km on an undulating course from the ski facility to the outdoor ice oval.

SKATE: 5 km skate outdoors at the new outdoor oval.

NEW!! If the weather causes the outdoor oval to melt, there will be no skate and no refunds will be given.

NEW!! Helmets are now mandatory for the skate. Any sort of helmet is fine (i.e., hockey helmet, bike helmet, etc.)

RUN 2: 5 km flat course through Pinewood subdivision to the Aquatic Centre.

SWIM: 800m at the Prince George Aquatic Centre. All swimmers enter pool at same corner, swim 50m lengths, duck under lane rope **every** length. At end of last lane, swimmer gets out, returns to start and repeats the lanes.

JUNIOR CATEGORY: All participants must be 10-15 years of age: 4 km ski, 2 runners = 10 km, 3 km skate, 5 km run, 400 m swim

AID STATIONS: Water and electrolyte drink available at each venue and twice on 10 km route. No private escort vehicles allowed on course.

TRANSITION ZONES: At each venue, and open to competitors only. Individual competitors- transition zone bags must be delivered to Pool and Skating area by 9 am on race day. Gear pick-up provided for solo participants only.

RACE PACKET PICKUP: Saturday, Feb. 9th from 5 pm to 7 pm. Civic Centre, 1295 - 7th Ave.

POST RACE CEREMONY: Hot meal, refreshments, party. Civic Centre - doors open 1:30 pm, meal served approximately 2:30 pm.

CUT OFF TIMES: All participants must reach the Skate portion of the event by 1:30 pm, or the end of the course by 3 pm. Please recognize these times are necessary out of respect for our volunteers and to allow the banquet to begin on time.

AWARDS: Presented to top three competitors in each category.

FAMILY TEAMS: Junior age participants may participate in adult family teams, however, the 10 km run and ski participants, must be 12+.

WEATHER: Temperatures below -20C or whiteout conditions force cancellation of the entire event. No refunds as our costs are all up-front.

PHOTOGRAPHY: Birgit Allgaier of Your Mind's Eye Photographic Services will again be the Official Event Photographer for the Iceman. If you see any photos in the banquet slideshow, or at her booth that you would like to purchase please chat with Birgit directly at the banquet or by contacting her at birgit@ymepphoto.ca

RETURN COMPLETED ENTRIES TO: Prince George Iceman, Box 944, Prince George, BC V2N 4V4 or drop off at the **Prince George Aquatic Centre ONLY!!**

For more information: visit www.mag-net.com/liceman, email maherp@unbc.ca, or call Pat at 960-5235.

REMEMBER!!

**ENTRY DEADLINE: Wednesday, Feb. 6 at 9 pm.
Limited entries, 1st come, 1st served!**

TEAM RELAY ENTRY FORM - (Complete this form if you have a team)

Team Name: _____
 Captain's Name: _____
 Captain's Address: _____
 Email: _____ Tel: _____

CATEGORIES

Traditional Competitive (must check one):

All men: open masters veteran

All women: open masters veteran

Mixed*: open masters veteran

*at least 1 member of each gender

Junior = all competitors between age 10 and 15, any gender

Family = all competitors in the same extended family. Remember: Junior age participants may participate in adult legs on a family team, but the 10 km run and ski participants, must be 12+.

NEW !! Finishing time: Please estimate your team's approximate finishing time for the entire event

_____.

Fees (per person):

Registration only: \$40 age 16+ or \$20 age <16
 (Includes banquet for participant)
 Iceman toque: \$20 each (limited edition Sugoi beanie)

Extra banquet tickets: \$15 each

- Masters teams – all members 40+
- Veteran teams – all members 50+
- No re-order on toques, limited edition design; style samples (not design samples) at Stride and Glide.
- **Teams must provide own skate lap counter**
- **All competitors must sign waiver (See reverse).**

Event	Participant Name	M/F	Age (must be 10 years old or more)	Toques		Extra Banquet		Regist. Fee	Total Cost
				Num.	Cost	Num.	Cost		
SKI									
10 KM 2 names for junior cat.									
SKATE									
5 KM									
SWIM									
Total Enclosed									



WAIVER AND RELEASE OF LIABILITY CLAIMS

AND INDEMNITY AND ASSUMPTION OF RISKS

WARNING: BY SIGNING THIS DOCUMENT YOU GIVE UP THE RIGHT TO SUE

For permission to compete, volunteer, officiate, observe, work for, or otherwise participate in any events organized by or otherwise involving the Prince George Iceman Relay Society (hereinafter called the "Society"), including, without limitation, the Prince George Citizen Iceman Race, (hereinafter called the "Events"), I agree to this waiver of liability, release of claims, indemnity, and assumption of risks.

I understand that there are both obvious and hidden hazards and risks inherent in the Events, including, without limitation, dangerous road, ice, track, pool, traffic, and weather conditions, equipment, and possible negligence.

I hereby waive any and all claims against, and release from liability, and agree not to sue, the Society, its directors, officers, members, employees, contractors, agents, representatives, event officials, volunteers, assistants, rescue personnel, advisors, sanctioning organizations, promoters, sponsors, patrons, competitors, participants, owners and operators of premises where the Events are held, related individuals and organizations, and each of them (hereinafter called the "Hosts") for any personal injury, death, property damage or loss resulting from any cause, including participating in and traveling to and from the Events, and including, without limitation, any negligence on the part of the Hosts.

I agree to indemnify and save harmless the Hosts from any and all liability and expenses (including all legal costs) resulting from personal injury, death, and/or property loss and/or damage suffered by any third party as a result of or related to my participation in the Events.

I accept, consent to, and assume full responsibility for all the risks described above, including the risks of personal injury, death, property and/or other losses resulting from or related to my participation the Events, whether or not they are caused by the negligence of Hosts.

This release is binding against me, my heirs, executors, administrators, personal representatives, and assigns, and anyone else acting for or through me.

In entering into this agreement, I am not relying on any oral or written representation or statement made by the any of the Hosts. This Agreement shall not be affected or altered by any prior, concurrent, or subsequent written or oral representations made by any of the Hosts. I am signing this agreement freely and voluntarily without any inducement, assurance, promise, or guarantee.

I agree to comply with all rules, regulations and Event instructions of the Society. Before signing, I have read and understood this agreement.

READ BEFORE SIGNING!! Dated _____ 20__

PRINT NAME	SIGNATURE (co-sign by Parent/Guardian if <18)