



ONTARIO MASTERS CHAMPIONSHIPS

February 6, 7th 2010

Naughton Trails

Hosted by

Walden Cross Country Fitness Club, Sudbury, ON

Website: Waldenxc.com

Walden Cross Country Fitness Club would like to welcome all clubs across the province to partake in Ontario's Masters' Championships. The event is to promote participation and meet like minded individuals who enjoy competing and racing.

CONTACTS

TD	Lise LeBlanc
Chief of Competition:	Patti Kitler
Chief of Course	John Mullock/Ralph Kitler
Competition Secretary	Lorna Scoville/Marian Endleman

LOCATION: WCCF trails are located on Hwy 55 at Naughton. Turn right at the General Store coming from Sudbury, turn left at the General Store coming from the west on HWY 55.

SCHEDULE OF EVENTS:

Monday February 1 st , 2010	5:00 PM	Registration Deadline
Friday February 5 th , 2010	5:00 PM	Late registration deadline
Saturday, February 6 th , 2010	1:00 pm	10 km Classic Race
	2:00 pm	10 km Skate Race
Sunday, February 7 th , 2010	10:00 am	20 km Classic Race
	11:30 am	20 km Skate Race

Banquet will be held at 6:00 pm at the Walden Chalet on Saturday. Ontario Masters Reception prior to the banquet, starting at 5 pm.

ENTRY DEADLINE

All entries must be received by 5:00PM, Monday February 1st, 2010, with payment. Please register online zone4.

Draft #1

ENTRY FEES:

\$20 per day to Monday February 1st, 2010; late registration \$25 per day until Friday February 5th, 2010 at 5:00 pm

Banquet: \$25 per person

Registration will be done using **zone4**. If you have any questions please contact our race secretary or e-mail

FACILITIES

WXCFC has 18 km of trails and a 3km lighted trail. There are two chalets with a kitchen and 4 washrooms.

FOOD: soup and or chilli will be provided after the races

ACCOMMODATIONS

Red Carpet Inn

Hwy 55 Old hwy. 17 W, in Lively
4kms from the trials

1-705-692-3632

Grocery store within walking distance:

Days Inn

117 Elm Street @ Lorne St.
Sudbury
Downtown

1-705-674-7517

Comfort Inn

2171 Regent Street South
Sudbury, Ontario

1-705-522-1101

Event Waiver

In consideration of Cross Country Ontario, The Canadian Masters Association and the Walden Cross Country Fitness Club accepting my entry in the Ontario Masters Championships, I hereby for myself, my heirs, executors, administrators release and forever discharge Canadian Masters Association, Cross Country Canada/CSA, its division of clubs, servants, agents, sponsors or employees from any and all claims, demands, actions or causes of actions arising out of or in consequences of any loss, injury or damage that may arise by reason of the negligence of Canadian Masters Association, Cross Country Canada/CSA, its divisions of clubs, servants, agents, sponsors or employees, without limiting the generality of the foregoing. I further release any and all recourse, which I may now, or here-in-after have resulting from any decisions of Canadian Masters Association, Cross Country Canada, Cross Country Ontario and the Walden Cross Country Fitness Club.

Release and Waiver: As a participant of the Ontario Masters Championships, I have read and understand the above.

Name: _____

Signature: _____ **Date:** _____