



WR OPEN FIS  
April 7-10, 2011  
Mt. Hood Meadows



<b>DATE OF EVENTS:</b>	GS #1	Thursday	April 7 <sup>th</sup>	Blue Face
	GS #2	Friday	April 8 <sup>th</sup>	Blue Face
	SL #1	Saturday	April 9 <sup>th</sup>	Stadium
	SL#2	Sunday	April 10 <sup>th</sup>	Stadium

The Organizer Meadows Race Team (MRT) retains the right to modify this schedule in any way due to weather, snow conditions, and/or other unforeseen conditions.

**ELIGIBILITY:** Entry by Divisional or Regional Green sheet only- No club entries

**RACE RA HEADQUARTERS** Cantina -3<sup>rd</sup> floor Race Admin- South Lodge

**VOLUNTEERS** Coach and Volunteer check in- Meadows Race Room –North Lodge.  
Volunteers please contact Nootsie at drtmcnabb@msn.com

**RELEASE FORM:** Mt. Hood Meadows has a 2 page release form.  
1) Are you Aware form-signature page  
2) Medical Release.  
Please indicate on Green sheet if raced in Winter Start or J1/J2 Qualifier-we have liability forms on file and no need to resend.  
[www.pnsa.org](http://www.pnsa.org) calendar to print forms or [www.meadowsraceteam.org](http://www.meadowsraceteam.org)

**MUST BE RECEIVED BY APRIL 4<sup>TH</sup>** Please fill out both forms and mail to Race Admin. - must be received by April 4<sup>th</sup>. Will not be put on start list until received. Do not bring to team Captains Meeting.  
Mail to:  
MRT 17951 S. Edgewood Lane Oregon City OR 97045

**ENTRY FEES** \$38/ Day includes t-shirt  
\$152/series (4 days)  
Payment by team check at team captains meeting. NO CREDIT CARDS  
Pay Pal also accepted with 3% service fee added to teams total.

**DEPOSITS:** None required. Bibs not returned will be charged at \$50.00 each.

**LIFT TICKETS:** \$45 per day for 13 years and older. Tickets are available at racer window outside. PNSA Elite Passes are welcomed.

**TEAM CAPTAIN'S MEETING:** Registration Wed. April 6<sup>th</sup> - 4pm-7pm Hood River Best Western Inn.  
Wed. April 6<sup>th</sup>- 7:00 pm at Hood River Best Western Inn.  
Thurs. April 7<sup>th</sup>- 6pm at Hood River Best Western Inn.  
Fri. April 8<sup>th</sup>- 6pm at Hood River Best Western Inn.  
Sat. April 9<sup>th</sup>- 6pm Hood River Best Western Inn.  
**ALL Athletes MUST be represented at the Team Captains Meeting or they will be removed from the Start List.**

**AWARDS:** Awards given to top 3 racers in J1 and J2 age groups. Awards not picked up by the end of the awards ceremony become the property of MRT. Last day of events.

**RESULTS:** Results may be posted daily on [www.livetiming.com](http://www.livetiming.com)

**NOTE:** Oregon Snow Park Permits are required for vehicles parking at Mt. Hood Meadows Resort. Permits are available from parking attendants and guest services at the resort. Day permits are \$4; 3 day permits \$9, annual \$25.

**LODGING:** Lodging is available at a special rate at the Best Western Hood River Inn. 1-800-828-7873  
Join Meadows Race Team and their official lodging sponsor for a great night's sleep. For more information please contact [www.hoodriverinn.com](http://www.hoodriverinn.com) and let them know you will be attending another quality Meadows Race Team event! Use the special code: **MHMRT** for the special discount rate! Standard room rate is \$90.83 and includes hot breakfast. Wax room available 6pm-11pm.

Race Organizer- Ben Webster 503-806-1951 RA- Tracy Lisac [meadows\\_race@hotmail.com](mailto:meadows_race@hotmail.com)  
T.D. – Bill Gunesch



Hood River Inn

Athletes Last Name, First Name: \_\_\_\_\_



**COMPETITION / EVENT  
LIABILITY RELEASE  
& INDEMNIFICATION AGREEMENT  
(Competitor and Non-Competitor)**

**PLEASE READ CAREFULLY! THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.**

Participant understands that skiing, snowboarding and other winter activities (including competitions and events) (hereafter referred to as "Skiing") can be hazardous and that injuries are common when participating in such activities. Participant accepts and assumes the risks associated with Skiing, including, but not limited to, changing weather conditions, variations and steepness in terrain, terrain features and parks, snow or ice conditions, surface or subsurface conditions, bare spots, creeks and gullies, forest growth, rocks, stumps, course design and placement, terrain feature design and placement, the use of lifts, collisions with natural or man make objects or other persons, grooming and snowmobile equipment, lift towers and other structures and their components, falling, loss of control and exceeding one's ability. Participant hereby freely and expressly assumes any and all risk of property damage, injury and death associated with Skiing.

In consideration for lift access and the use of any other area facilities and premises, Participant hereby agrees to release, hold harmless and indemnify Mt. Hood Meadows and Cooper Spur Mountain Resort and their owners, partners, employees, directors, officers, agents, affiliates and related entities ("Meadows") from any and all claims by or on behalf of Participant against Meadows arising directly or indirectly out of Participant's participation in any competition/event and/or the use of area facilities or premises. This release includes claims and liabilities arising from any cause whatsoever, including, but not limited to negligence on the part of Meadows. This release is binding upon Participant, and Participant's heirs, assigns and legal representatives.

If signing on behalf of a minor Participant, Parent/Guardian accepts full responsibility for any medical expenses incurred due to the minor's participation in Skiing and agrees to release, hold harmless and indemnify (including costs and attorneys fees) Meadows for any claims brought by or on behalf of the minor.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_.

Participant Name: \_\_\_\_\_ Phone: \_\_\_\_\_.

Address: \_\_\_\_\_.

**MEDICAL RELEASE**

If your child needs emergency medical care beyond first aid, and you are not available to give formal consent to medical authorities, care may be unnecessarily delayed. To protect your child, leave a completed **MEDICAL CONSENT FORM** with your school coach or advisor or temporary guardian. In the event of a medical emergency, the form should accompany your child to the hospital so that medical treatment can be rendered.

**MEDICAL CONSENT FORM**

Child's Name	Illness	Allergies	Medications	Date of last tetanus shot	Other
Physician	Phone	Emergency Contact	Phone	Nearest Relative	Phone
Health Insurance Company		Member #		Group #	

I/ We hereby authorize Providence Mountain Clinic to give all medical and/ or surgical treatment that may be required for my/ our child/ children during our absence from December until May.

SIGNATURE \_\_\_\_\_

## **OREGON SKIER STATUTE** ORS 30.970 TO 30.990

**Violation of any of these duties entitles the ski area operator to withdraw the violator's privilege of skiing.**

**The following are excerpts from the statute.**

**References to "Skiers" & "Skiing" include skiing, snowboarding and other winter activities.**

- Skiers accept and assume the inherent risks of skiing (in so far as they are reasonably obvious, expected or necessary).
- Skiers who ski in any area not designated for skiing within the permit area assume the inherent risks thereof.
- Skiers shall be the sole judges of the limits of their skills and their ability to meet and overcome the inherent risks of skiing and shall maintain reasonable control of speed and course.
- Skiers shall abide by the directions and instructions of the ski area operator.
- Skiers shall familiarize themselves with posted information on location and degree of difficulty of trails and slopes to the extent reasonably possible before skiing any slope or trail.
- Skiers shall not cross the uphill track of any surface lift except at points clearly designated by the ski area operator.
- Skiers shall not overtake any other skier except in such a manner as to avoid contact and shall grant the right of way to the overtaken skier.
- Skiers shall yield to other skiers when entering a trail or starting downhill.
- Skiers must wear retention straps of other devices to prevent runaway skis.
- Skier shall not board rope tows, wire rope tows, j-bars, t-bars, ski lifts or other similar devices unless they have sufficient ability to use the devices, and skiers shall follow any written or verbal instructions that are given regarding the devices.
- Skiers, when involved in a skiing accident, shall not depart from the ski area without leaving their names and addresses if reasonably possible
- A skier who is injured should, if reasonably possible, give notice of the injury to the ski area operator before leaving the ski area.
- Skiers shall not embark or disembark from a ski lift except at designated areas or by the authority of the ski area operator



# Are You Aware?

## Skier/Rider Safety Education Program

Mt. Hood Meadows is committed to safety education and increasing slope safety awareness. Our primary goal is educating, promoting personal responsibility and raising the awareness of the Skier/Rider Responsibility Code.

Last season we continued the successful "Are You Aware?" Skier/Rider Safety Education Program. Through out the season we focused on enforcement and education, with a large emphasis on key congested areas.

When we first began the program several years ago those in various racing programs were frequent visitors in our Safety Education courses. Word quickly got out that we were serious; especially about speed control on certain runs and intersections. Owing to the efforts of all, last season we had very few individuals from the competition community who attended the education program. We thank you for your support and look forward to your continued cooperation.

Competitors at Mt. Hood Meadows are highly visible and identifiable. Like it or not you are seen as representatives of both the sport and Mt. Hood Meadows by many of our guests. Those of you in the racing community are looked up to by many of our guests and employees. We look to you to set an example of responsible behavior and safety awareness.

We challenge you to be ambassadors for the "Are You Aware?" Program.

Know where the Comfort Zones and Slow Zones are and set the example:

- Obey all posted signs and warnings
- Have an up-right stance
- Look around and be aware of people and obstacles in your general vicinity
- Slow and controlled turns
- Maintain the speed of the general flow of traffic

Know The Code and pass it along.

1. Stay in control
2. People ahead have the right of way
3. Stop in a safe place for you and others
4. When starting downhill or merging look uphill and yield
5. Use devices to help prevent runaway equipment
6. Observe signs and warnings, and keep off closed trails
7. Know how to use the lifts safely



# FREESTYLE TERRAIN



## READ THIS!

### FREESTYLE SKILLS REQUIRED

**Choose option:**    **A. Helmets are Recommended**  
**B. Consider wearing a helmet**

Freestyle Terrain may contain jumps, hits, ramps, banks, fun boxes, jibs, rails, half pipes, quarter pipes, snowcross, bumps terrain and other constructed or natural terrain features.

PRIOR to using Freestyle Terrain, you are responsible for familiarizing yourself with Freestyle Terrain and obeying all instructions, warnings and signs.

Freestyle skill required maintaining control on the ground, and in the air.

---

Freestyle Terrain has designations for size. Start small and work your way up. Designations are relative to this ski area.

**SMALL**

**MEDIUM**

**LARGE**

Smaller features
Medium features
Large features

---

**MAKE A PLAN.** Every time you use freestyle terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing.

**LOOK BEFORE YOU LEAP.** You are responsible for inspecting Freestyle Terrain before initial use and throughout the day. The features vary in size and change constantly due to snow conditions, weather, usage, grooming and time of day. Do not jump blindly. Use a spotter when necessary.

**EASY STYLE IT.** Always ride or ski in control and within your ability level. Do not attempt Freestyle Terrain unless you have sufficient ability and experience to do so safely. You control the degree of difficulty you will encounter in using Freestyle Terrain, both on the ground and in the air.

**RESPECT GETS RESPECT.** Respect Freestyle Terrain and others. Only one person on a feature at time. Wait your turn and call your start. Always clear the landing area quickly. Respect all signs and do not enter Freestyle Terrain or use features when closed.

USE OF FREESTYLE TERRAIN EXPOSES YOU TO THE RISK OF  
SERIOUS INJURY OR DEATH.  
INVERTED AERIALS ARE NOT RECOMMENDED.  
YOU ASSUME THE RISK.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_.

Participant Name: \_\_\_\_\_ Phone: \_\_\_\_\_.

Address: \_\_\_\_\_.

Team: \_\_\_\_\_ Coach's Initials: \_\_\_\_\_ Date: \_\_\_\_\_.