

## 7th Annual Aurora Nordic Ski Club

# Rant & Roar

**Sat., April 18, 2009 • 10:30 a.m.**

Rant & Roar is a fun event, aimed at promoting cross country skiing, friendly competition, fun events and fellowship with our ski friends in Northern Newfoundland. Come along and take part in an event that is sure to make you 'Rant & Roar' until your lungs are sore.

### *What's it all about?*

- **Individual races:**

Distances range from .3km for pre-school-Kindergarten to 4.5km for adults

- **Relay races:**

Registered skiers from all clubs will be assigned by random draw to teams and compete for the Consumers PharmaChoice Cup. Names of team members will be engraved on the cup and be on display at the Aurora Nordic Ski Club. A team captain responsible for organizing his/her team will be assigned for each team. Each team will consist of an equal mix of children and adults, males and females. Teams will be assigned a colour, but captains are encouraged to come up with an interesting name for their team (e.g. Susan's Striders)

- **Tug-o-war:**

Relay teams will compete in a series of elimination rounds until one team is left standing. Team pairings will be decided by a draw before the event begins. Ribbons will be presented to members of the first place team.

**Canteen services are available • Treats for children •  
• Medallions for individual races • \$5 to participate**

*The Aurora Nordic Rant & Roar is proudly sponsored by:*

**CONSUMERS**  
**Rx PharmaChoice** *Advice for Life*

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ENTRY FORM

Saturday, April 18, 2009 • 10:30 a.m. start • Aurora Nordic Ski Club, St. Anthony

Last name: \_\_\_\_\_ Given name: \_\_\_\_\_

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

Town: \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Birth date: \_\_\_\_\_

Club: \_\_\_\_\_

Categories for Individual Races: (circle one)

- Pre-school-Kindergarten 0.3km Boys Girls
- Grades 1 and 2 1.0km Boys Girls
- Grades 3 and 4 1.0km Boys Girls
- Grades 5 and 6 2.0km Boys Girls
- Grades 7, 8 and 9 2.0km Boys Girls
- Grades 10, 11 and 12 4.5km Boys Girls
- Adult 4.5km Men Women

Participation Fee:

\$5 to participate in all three events (individual race, relay races and tug-o-war); \$12 family rate  
Fee can be paid on Saturday morning upon arrival.

**Fax completed entry forms to 709-454-3718 by Friday, April 17, 5 p.m.**

Release Clause: I hereby release the Aurora Nordic Ski Club, its members or agents, sponsors, Cross Country Canada, Cross Country Newfoundland and Labrador and any person officially connected with competitions from any liability for any injuries or damages whatsoever arising from my participation in or presence at this competition.

Date: \_\_\_\_\_ Signature (Legal Guardian if under 18): \_\_\_\_\_

Name of Legal Guardian (if applicable): \_\_\_\_\_

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