

Hello to all Sierra Regional Ski for Light Returning Skiers and New Skiers,
A great ski season awaits! This is the 22nd Ski Season of Sierra Regional Ski for Light. Our Saturday day trips and the 3-day event will take place at Tahoe Donner Cross Country in Truckee.

Three Day Event Information: The 22nd annual SRSFL three-day cross-country ski event will be held in Truckee, CA Saturday, March 8 - Monday, March 10, 2014. Lodging will be at the Hotel Truckee Tahoe formally The Larkspur Hotel in Truckee; CA. Skiing will be at Tahoe Donner Cross Country, Truckee, CA. Cost: **\$218** if you bring your own skis or snowshoes, **\$275** if you need to rent equipment. NOTE: If you are 75 or older, the cost will be **\$183** if you bring your own equipment; and **\$238** if you need equipment. Add **\$130** if you wish a private room. The fee includes 2 nights lodging (double occupancy) in Truckee, 2 breakfasts (Sun. & Mon.), 2 dinners (Sat. & Sun.), and trail passes for all three days. Lodging at the Fairfield Inn & Suites in Rancho Cordova Friday night **March 7**, the cost is an additional **\$43** double, **\$86** single. You are on your own for lunches in Truckee. Tahoe Donner has a lunch menu, which does include vegetarian items.

Application Criteria and Deadline: Submit your application with a **\$50** deposit **before** the deadline, **January 31, 2014**. Applications will be accepted on a first come first served basis. Applications received after the deadline will be considered as space permits. **Final payment** is due by **February 20, 2014**. If you find you have to cancel, do so by **February 20, 2014** to receive a refund of your **\$50** deposit. Partial scholarships are available. **NO REFUNDS AFTER February 20, 2014.**

Arriving in Sacramento: Out-of-area skiers should plan to arrive in Sacramento Friday, March 7, between 2:00 p.m. and 5:30 p.m. During this time, transportation will be provided by our volunteers from the train station and airport to the **Fairfield Inn & Suites, 10745 Gold Center Dr. Rancho Cordova, CA 95670 (916) 858-8680.**

If you arrive earlier or later than this window, you will be responsible for providing your own transportation to the Fairfield Inn & Suites. Super Shuttle, (1 800 258-3826), is available from the airport to the hotel; no reservation is necessary. On Friday evening, salad, pizza and drinks will be provided for **\$6** in the hotel meeting room on the first floor from 6:00 to 8:00 p.m.

For breakfast Saturday morning, the Fairfield Inn & Suites offer a full continental breakfast of cereal, juice, fruit, breads, hard boiled eggs, yogurt, Jimmy Dean McMuffins, and hot beverages. Breakfast will be available at 6:00 a.m.

DEPARTING SACRAMENTO SATURDAY MORNING: Be prepared to leave the Fairfield Inn dressed in ski clothing for Tahoe Donner Cross-Country. The bus will depart the hotel at 7:15 a.m.

DEPARTING TAHOE DONNER MONDAY AFTERNOON MARCH 10: The bus will depart from the ski area between **2:15–2:30** for Sacramento, and will take passengers to the airport and train station. Plan your departure flight for **7:30 p.m.** or later. Plan your train departure for **5:40 p.m.** or later.

This application packet for the 2014 event season has six sections:

- 1.) Skier application
- 2.) Emergency Data Form
- 3.) Waiver of Liability Form
- 4.) 3-day event reservation form: (Complete only if you plan to participate in the 3 –day event.
- 5.) Day trips 2014 Event Form (Complete only if you plan to attend one or more of Saturday single day trips)
- 6.) Model Release Form

I hereby agree that by typing my name into the signature block at each required location in the SRSFL skier's application is the same as a written signature. Typing my name instead of signing it makes this application fully accessible to me as a person who is blind or visually impaired. My typed signature holds SRSFL harmless just as if I had signed my name. Furthermore, I must send my application from my private e-mail account in order for my typed signature to be valid.

I hereby understand that by canceling after February 20, 2014 my fees will not be refunded.

SKIER APPLICATION

PERSONAL INFORMATION

Name:

Address:

City, State, Zip:

Home Phone:

Cell Phone:

Age:

Date of birth:

Gender:

Male

Female

Occupation:

VISUAL IMPAIRMENT

High partial

Low partial

Totally Blind

Do you have a hearing impairment?

Yes

No

If yes please
explain:

Diabetic:

Yes

No

If yes please
explain:

Mobility Impairment:

Yes

No

If yes please
explain:

SKIING INFORMATION:

Will you need
cross-country ski
equipment?

Yes

No

Will you need
snowshoe
equipment?

Yes

No

Guide
Preference:

Male

Female

Either

Please describe your cross-country skiing ability:

First Time Skier

Beginner

Intermediate

Advanced

Do you prefer to snowshoe?

Yes

No

Have you had any cross-country or snowshoe experience?

Yes

No

If yes please
explain:

Do you anticipate bringing a guide dog?

Yes

No

Scholarships: A limited amount of financial assistance is available for participants who have a financial need. If you would like to be considered for a scholarship please clearly state your financial circumstance in the space below.

Signature:

Date:

Parent or
Guardian:

Date:

Sierra Regional Ski for Light Emergency Data Form 2014

To all participants: The information requested on this form is for the sole use of medical professionals, in the unlikely event that you are seriously injured or become ill while attending a Sierra Regional Ski For Light event. Please answer all questions on this form, and add an additional page if you need more room to answer any question.

To the hospital/clinic: Any and all costs associated with the transport, diagnosis, treatment, or any other care given to the below-named individual is the sole responsibility of said individual.

1. Name:

Street Address:

City, State, Zip

Home Phone:

Cell Phone:

Age:

Date of birth:

Height:

Weight:

2. Do you have any underlying medical conditions?

Yes No

If yes please
describe:

3. Are you currently taking any prescription or over-the-counter medication:

Yes No

If yes please list drug, dosage, and frequency:

Are you allergic to any medication?

Yes No

If yes, please
describe:

5. Please list the name, address, and phone number of your insurance provider and your policy number. Also list the name and phone number of your primary care physician, if applicable.

6. Person to be notified in case of emergency:

Name:

Street Address:

City, State, Zip:

Home Phone:

Cell Phone:

Relationship:

CONSENT FOR TREATMENT

In the event that I should for any reason require any medical or surgical treatment and/ or medication during the course of attendance at or participation in the 2014 Sierra Regional Ski For Light program, I authorize such physician or medical staff as Sierra Regional Ski For Light may appoint or designate to carry out the necessary treatment, or to take me to the emergency room of the nearest hospital, and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for my well-being.

Signature:

Date:

Parent or
Guardian:

Date:

About Cross Country Skiing and Sierra Regional Ski for Light
Read before signing the Waiver of Liability

Cross-country skiing is generally regarded as one of the best fitness activities in the world, because it involves the simultaneous use of most major muscle groups, supported by the work of several different systems of the body. For those not familiar with skiing, cross-country skiing differs from downhill skiing in several important ways. In cross-country skiing, the skier's boot is attached to the ski by only the toe, with the heel of the boot "free". The unconstrained heel allows a cross-country skier to climb hills and traverse level terrain, as well as to travel down hills, making the sport a truly "cross-country" activity. In downhill skiing, the entire boot is attached to the ski, which limits the skier to downhill terrain. In addition, the cross-country skier wears lighter clothing than the downhill skier, because of the body heat generated by the exercise.

At Sierra Regional Ski for Light each visually impaired skier is matched with an experienced, sighted guide. As a pair, they ski together along the trail. The visually impaired person skis in pre-set tracks or grooves in the snow, while the guide skis in a similar set of tracks alongside. The guide informs the skier of changes in the direction and slope of the tracks, offers instructional tips and suggestions, and tells the skier about the countryside. Each guide/skier pair decides together how far, how long, and on what kind of terrain they will ski.

Depending on the skier's approach to the sport, cross-country skiing can be as gentle as a stroll through the park, or as physically demanding as an aerobic workout. The sport, however, may not be right for every single person, any more than jogging, bicycling, or any other fitness activity is right for every single person. This will depend on the person's general health and physical condition, lifestyle, heredity, and other factors.

Sierra Regional Ski for Light believes that each person who is considering cross-country skiing should make his/her own personal decision about participation in this activity. To best make this decision, it is advised that each prospective participant consult with a physician, who can best inform the applicant about the risks of participation, given the individual's medical history and physical condition. This is especially important for any applicant with any underlying medical condition, as cross-country skiing might exacerbate the effects of any such condition. It is also advised that each prospective participant try to get into better physical condition in the months before skiing, and particularly before the three-day event. This is just common sense for anyone considering any physically demanding activity.

In addition to possible health-related risks, applicants should be aware that all active sports do have a number of other inherent risks. Taking part in cross-country skiing at Sierra Regional events obviously involves the risk of accident or injury as well as the risk of human error on the part of any guide or participant.

While attending Sierra Regional Ski for Light, each participant is responsible for his/her own safety. This means, among other things, that if at any time a participant feels physical discomfort, or is uncomfortable skiing at a given pace or on specific terrain, he/she should immediately inform the skiing partner and stop.

If each participant understands and remembers the physical demands of the sport and the limitations of the body, sets and pursues reasonable goals, and exercises common sense, he/she should be able to enjoy this great sport, and to learn why people love it. And once these basic safety and common sense guidelines are understood and are under control, each participant can begin to recognize cross-country skiing as not only an enjoyable activity, but also as a vehicle for improving overall fitness, and for accomplishing things once thought impossible. That is what Sierra Regional Ski for Light is all about.

SIERRA REGIONAL SKI FOR LIGHT 2014 WAIVER OF LIABILITY

The previous page contains important information about cross country skiing, the Sierra Regional Ski for Light (SRSFL) program, and the potential risks thereof. If you determine, after considering both this information and the terms below, that you wish to participate in any of the Sierra Regional Ski for Light events, please sign the Waiver of Liability form below, where indicated. No one will be permitted to participate in an event, in any capacity, until this form is signed and submitted.

In consideration of being allowed to participate in Sierra Regional Ski For Light events occurring

I (please print
name)

(the "Participant"), hereby release the sponsoring Organization and all Directors, agents, volunteers, employees or any person either officially or unofficially connected with the Organization's activities (the "Providers") from any duty of care toward me associated with activities connected with any event.

In so participating I knowingly assume full responsibility for and risk of damage to personal property, personal injury, or death arising from any activities related to the SRSFL program.

I understand that this release covers all aspects of the act of cross country and/or snowshoeing instruction, guiding, conditions of terrain, accommodations, equipment, board, travel, and any and all other activities offered by SRSFL.

I have knowledge of the above-mentioned specific dangers associated with the events' activities, the sports of cross country skiing or snowshoeing, and the Sierra Regional Ski for Light Regional program, as described on the second page, and I choose to participate in these events while waiving all rights to bring any action against the Providers for activities connected with the program.

If any one or more of the agreements, provisions, or terms of this agreement shall be held invalid for any reason whatsoever, then such agreements, provisions or terms shall be deemed severable from the remaining agreements, provisions or terms of this agreement and shall in no way affect the validity of or enforceability of the other provisions of this agreement.

I have read the foregoing release and I knowingly sign it.

Signature:

Date:

Parent or
Guardian:

Date:

March 8–10, 2014 Three Day Event Registration Form
Complete only if you are attending this event

Name:

Will you be staying at the Fairfield Inn in Rancho Cordova Friday night March 7?

Yes No

Room Double Occupancy (\$43)
Preference: Single Occupancy (\$86)

Roommate Preference Name:

Room Preference for the Hotel Truckee Tahoe:

Double Occupancy
Single Occupancy-Extra charge for single occupancy (\$130)

Roommate Preference Name:

Would you room with a person with a guide dog?

Yes No

Dinners

Please choose the dinner option you prefer:

Standard diet (includes red meat or poultry)
Vegetarian diet (includes eggs and dairy products)

Do you have any food allergies or restrictions?

Yes No

If yes please
explain:

SRSFL will provide all participants with an event book containing a roster of skiers, guides and volunteers. Please check items below to indicate your personal contact info that you would like PRINTED in the book.

Address Phone Number Cell Number E-mail address

In what media do you prefer to have the event book?

Print Braille E-mail

January-March 2014, Day Trips Event Form
Complete only if you are attending any or all of the day trips

Saturday, January 25 Sign-up deadline: Saturday, January 18

Saturday, February 8 Sign-up deadline: Saturday, February 1

Saturday, March 22 Sign-up deadlines: Saturday, March 15

NOTE: The three SRSFL day trips will be at Tahoe Donner Cross Country, **15250 Alder Rd. Truckee CA**. Trip fees include transportation from Sacramento to Truckee and back to Sacramento. Space is limited. To secure your spot on the trip be sure to sign up before the sign-up deadline.

Trail passes, Adult: \$18.00	Ski Rentals, Adult: \$19.00
Senior (60-74): \$15.00	Senior (60-74): \$19.00
Child (under 12): \$5.00	Child (under 12): \$11.00
75 and over: \$5.00	75 and over: \$19.00

Sacramento skiers should be prepared to leave Sacramento before 7:15 a.m. You may be asked to meet at a designated location. Be dressed for skiing and ready to go directly to the ski area for a fun day on the snow. Everyone plan to arrive at Tahoe X/C by 9:30 a.m.

WHAT TO BRING ON A DAY TRIP

Necessary items: hat, day pack or fanny pack, gloves, lunch (Tahoe X/C has a limited lunch menu), money for a snack or beverage, plastic water bottle that does not leak, sunscreen, sunglasses, and a change of clothing. Dress in layered clothing.

I plan to participate on the date(s) checked below.

Saturday, January 25 9:30–3:30

Saturday, February 8 9:30–3:30

Saturday, March 22 9:30–3:30

Sierra Regional Ski For Light

MODEL RELEASE

I hereby give Sierra Regional Ski for Light and its programs permission to use my photograph, and to publish the same without incurring any debts or liabilities to me of any kind.

Yes No

Signature:

Date:

Parent or
Guardian:

Date:

If you are planning to participate on any of the day trips, contact:

Betsy Rowell
9608 Mira Del Rio Dr.
Sacramento, CA 95827
Betsy.rowell2@gmail.com
(916) 362-5557

If you are going on the Three Day Event only, contact:

Cindy Quintana
15301 Beatty Street
San Leandro, CA 94579
CindyQ12345@sbcglobal.net
(510) 483-2948