

SKIMARATHON.CA



#CANSKIMARATHON

# CANADIAN SKI MARATHON



VIRTUAL EDITION

## 2021 SKIERS GUIDE



GESTION PRIVÉE DE PLACEMENT  
**PEMBROKE**  
PRIVATE WEALTH MANAGEMENT

**OUTAOUAIS**



MRC  
D'ARGENTEUIL  
Authentique. Avec vous





Québec 

## MOT DU GOUVERNEMENT DU QUÉBEC

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Your government is proud to participate in the success of the Canadian Ski Marathon, which welcomes cross-country skiers of all levels and all ages who have come to take up the challenge they have set for themselves. In addition to highlighting the Laurentides and Outaouais regions, this sporting event generates significant economic spinoffs. Festivals and events enrich Québec's tourism offer while offering visitors unique experiences. The Canadian Ski Marathon enhances this offering, which sets us apart as a world-class winter destination. I therefore warmly invite visitors from here and elsewhere to take advantage of their stay to explore the many tourist attractions of these two magnificent regions. A great way to fully savor the joys of winter in Quebec! Have a good marathon!

The minister of tourism,

Caroline Proulx

Votre  
gouvernement 





# SYLVAIN PARENT

PRESIDENT, CANADIAN SKI MARATHON

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As the Canadian Ski Marathon celebrates its 55 th edition, the event will look very different from its previous editions. Our entire team worked hard to find a safe way to bring our skier community together in situ, however, we had to make the difficult but socially responsible and safe decision to host the 2021 CSM in a virtual format. I wish to thank you for your ongoing support through your registration for the vCSM. The incredible response we have received from our skier community has been overwhelming and, combined with the tremendous support of private donations as well as the help from local provincial and federal pandemic related support programs, helps ensure the future of this unique event.

While it is disappointing that we will be unable to all come together in February to celebrate winter in beautiful Montebello and the Lower Laurentian region, many silver linings have emerged. The obvious is how accessible the 2021 CSM will be; skiers from across the country will have the opportunity to participate. We hope to also increase our skier community this year by attracting new participants. This format may also encourage some to try for a more challenging distance than in previous years. Another positive is that the 2021 CSM will require a different type of effort than we would normally need to put into our participation. After the year of stress and anxiety we have lived, perhaps a quieter, more laid-back event is what we all need!

For many in our skier community, 2020 was an especially challenging year because of their role as front line workers. From hospital workers and health care professionals, to grocery store employees and bus drivers, they made it possible for society to function as we lived through various lockdowns. To all of them, I wish to express my deepest thanks. They exemplify the CSM spirit – dedication, perseverance, sacrifice, a sense of community.

This is the reason why the CSM team has named front line workers the Honorary Presidents of the 2021 vSCM. On behalf of the entire CSM community, I extend our heartfelt thanks and appreciation for your contributions to the health and safety of your own communities. I will personally be dedicating my 2021 vCSM to all of them and I encourage all participants to do the same.

Enjoy your vCSM, make it fun amongst family and friends on your favorite trails wherever you are - but while always observing local and regional sanitary measures in place, we owe it to our front line workers!

Sylvain Parent





# FRÉDÉRIC MÉNARD

EVENT DIRECTOR - CANADIAN SKI MARATHON

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Dear skiers, it's with great pride that we present you the first ever virtual CSM! Over the course of the last 54 years, the CSM has faced many organizational obstacles: ice storms, insufficient or too abundant snowfall, and mechanical breakdowns, just to name a few. Despite these challenges, the oldest cross-country ski event in North America has always taken place and the organization has always managed to put on an event that brings its community together. The CSM has always survived through hard times thanks to the love and passion of our participants, volunteers and organization.

The COVID-19 pandemic represents a new type of challenge for our event and the organization has been working tirelessly for several months to find a way to host a safe event despite the pandemic.

Let me first thank the members of the Board of Directors who work 12 months a year to plan our annual get together. This year the committee had to readjust numerous times. Without their perseverance, drive, focus and energy we would not have an event at all. In this year of financial uncertainty it is important to underline the participation and collaboration of the various partners, Government programs, MPs, municipalities and counties, whose financial support allows us to survive this crisis. Finally, I must thank our precious landowners (more than 425) and our valorous volunteers (more than 550) who have ensured the sustainability of the CSM for the last 54 years. May you take advantage of this virtual event to participate as a skier!

We are convinced that once again the marathon community will come together and experience a unifying event... everyone at home, allowing us to 'get away from it all', to clear our minds, recharge our batteries in nature and to "Keep the Legend Alive".

Everyone agrees that the CSM is a unique adventure, let's make the most of every moment that this new challenge offers us. Enjoy the journey, be safe and don't forget to smile through fun and tough moments!

Looking forward to welcoming you back home in 2022.

Allez les aventuriers !





**TO ALL  
FRONTLINE  
WORKERS,  
FOR YOUR  
ONGOING  
COURAGE  
AND  
DEDICATION,  
THE CSM SKIER  
COMMUNITY  
THANKS YOU!**



# WELCOME TO THE VIRTUAL CANADIAN SKI MARATHON!

Thank you for registering to take part in this year's version of the Canadian Ski Marathon. Your participation helps to ensure the survival of our event and helps keep our skier community active and engaged through these challenging times. And once things are back to normal, we hope to see you in person at the traditional CSM in 2022!

Now that you've registered for the vCSM, you have a great deal of flexibility in creating your own personal ski experience to share with the rest of the CSM community. You can participate in the vCSM at any point between February 6 and March 7. Depending on your selected category, you can pick any 2 consecutive days to ski your Coureur des Bois (CdB) event, any specific day to ski the Half-Marathon event, or any number of days to ski as a Tourer.

## CATEGORY REQUIREMENTS

Need a reminder of the requirements for each category? No problem, we've got you covered!

### TOURER

You have between February 6 and March 7 to ski up to 10 sections of 15 km each to complete your vCSM. You can ski multiple sections in a day, one section every couple of days, or you can even choose to ski as little as one section of 15 km on a day of your choosing. Just keep in mind that each outing must be at least 15km in order to get credit for a section. For example, if you ski 25 km in one day you'll be credited with one section for that day, but if you ski 32 km on another day, then you'll have skied two sections that day. You can ski as much as you like but in 2021, but just like a normal CSM you can only be credited for a maximum of 10 sections.

### HALF-MARATHON

On a day of your choosing between February 6 and March 7, you are required to complete a ski of at least 45km in a single outing. (Don't worry – you're allowed to stop for bathroom breaks, food and water, and that sort of thing. We're not that mean!) But you do need to complete the event on the day that you chose. And if it doesn't work out the first time you try, don't panic, try again another day – you have until March 7!

### COUREUR DES BOIS (CDB)

Looking for a bigger challenge? Well, to complete your CdB, you need to ski at least 100 km in 2 outings of at least 50km each day on 2 consecutive days (that means no rest days in between!) Now depending on the level of CdB you've selected there may be additional requirements. If you registered as a **SILVER CDB**, you need to complete your CdB challenge while carrying a pack that weighs at least 5kg (11lbs). And if you registered as a **GOLD CDB**, you have to carry your 5kg pack while skiing AND you need to camp outdoors on the night in between your two ski outings. (You don't have to camp at the location where you are skiing; you can set up camp in your backyard if you'd like!) You can have your camp set up before you take part in your event, and you can dismantle your camp afterwards – what's important is that you spend the night outside in between your two ski days. Just make sure you are carrying an equivalent amount of weight in your pack to account for your sleeping bag and personal shelter. (i.e. Just like in a regular CSM, you have to carry what you need for Gold Camp.) Your camp can have water and snacks, but you should carry your meals with you while you ski.

## TRAIL REQUIREMENTS

There is no requirement as to the level of difficulty of the trail which you will select.  
You may choose as easy or difficult a trail as you feel comfortable with.

The trail itself doesn't have to be a specific length – you can combine multiple loops, go back and forth on a trail, or ski a single trail (or perform any combination) in order to achieve your required distance.

The trail doesn't have to be in a specific location. Choose a location that works for you. If you are a Tourer, you can ski at 10 different locations, or ski the same trail 10 times – whatever you prefer! And if you are a CdB, you can ski the same trail on subsequent days. All we require is that you complete your required category distance. And if you're not sure where to ski, the CSM has a list of recommended ski club trails in a variety of regions.

Visit the "Official Training Trails" section on our website for more information, including maps and distances!

(You can find it under the "Virtual Event" tab.)

<https://skimarathon.ca/the-event/official-training-trails/>

## YOUR VCSM BIB

This year, we're doing things differently. We are providing you with a printable vCSM bib file format for you to print at home. Follow the link below to access the list of all confirmed participants along with their assigned bib number to retrieve your own specific assigned number for you to add to your bib.

<https://skimarathon.ca/register/confirmed-entrants/>

Note that since your bib will most likely be printed on paper, you'll have to adequately waterproof it if you want it to survive the outdoor climate. (Ziploc bags are a good place to start, but a waterproof map case may be better. Or be creative - laminate it!). And feel free to customize it some by adding colour, write a special message, etc.

Make it fun and take pictures of it and share it with everyone on social media!



**PRINT YOUR BIB**

		CANADIAN SKI MARATHON CANADIEN DE SKI		20 21	
<b>COUREUR DES BOIS</b>					
NOM / NAME			DOSSARD / BIB		
#					
50K	50K	CAMP			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Québec	PEMBROKE	OUTAOUAIS			
SKIMARATHON.CA   INFO@SKIMARATHON.CA					

# BEFORE YOU SKI

During a regular CSM, we want you to have the best possible ski day that we can provide. That means ensuring safe and reliable transport to and from checkpoints, providing food and drink at points along the trail, providing waxing and limited ski repair services, and ensuring first aid and ski patrol services along the trail, which itself is professionally groomed and tended.

But this year, we can't provide these services to our skier community.

So, we need to stress the importance of making sure you are adequately prepared for your ski day.

This means:

- PLEASE RE-READ THE WAIVER IN APPENDIX B THAT YOU SIGNED, AND RECALL WHAT YOU AGREED TO WHEN YOU REGISTERED. PLEASE BE MINDFUL OF THOSE CONDITIONS WHEN YOU SKI.
- ASSESSING YOUR SKIING ABILITIES PRIOR TO THE EVENT, AND SELECTING THE APPROPRIATE DISTANCE AND TRAIL DIFFICULTY TO THOSE ABILITIES;
- ENSURING YOUR EQUIPMENT IS IN PROPER WORKING CONDITION, AND, IF NECESSARY, BRINGING APPROPRIATE REPAIR EQUIPMENT (ALONG WITH THE KNOWLEDGE ON HOW TO USE IT PROPERLY);
- WEARING APPROPRIATE CLOTHING TO SUIT THE CLIMATE IN WHICH YOU WILL BE PARTICIPATING;
- CARRYING ENOUGH FOOD AND WATER TO SUSTAIN YOURSELF DURING YOUR EVENT;
- HAVING A PERSONAL FIRST-AID KIT TO TREAT SMALL INJURIES YOU MAY SUSTAIN DURING THE COURSE OF YOUR EVENT, AND BRINGING A PHONE TO CONTACT EMERGENCY SERVICES SHOULD ANYTHING MORE SERIOUS OCCUR;
- AVOID SKIING ALONE, ESPECIALLY IF YOU ARE USING TRAILS THAT ARE REMOTE OR HAVE LESS SKIER TRAFFIC;
- AVOID SKIING BEFORE SUN RISE AND AFTER SUN SET. CARRY A HEAD LAMP JUST IN CASE YOU FINISH LATER THAN PLANNED;
- CANADIAN RED CROSS ADVICE FOR WINTER ACTIVITIES; PLEASE VISIT THIS SITE IF YOU NEED GUIDANCE PRIOR TO YOUR EVENT. YOU WILL ALSO FIND BASIC INFORMATION ON FROSTBITE ON THIS SITE.  
<https://www.redcross.ca/training-and-certification-first-aid-tips-and-resources/first-aid-tips/cold-related-emergencies-staying-warm-and-safe-in-canadian-winters>
- INFORMING NON-PARTICIPATING CONTACTS OF YOUR WHEREABOUTS ON THE DAYS OF YOUR EVENT, AND YOUR ESTIMATED TIME OF RETURN. THIS FINAL ITEM IS VERY IMPORTANT TO ENSURE YOUR SAFETY.

And without exception, we require that you follow the appropriate public health rules for your region. Please ensure that you are fully compliant with any and all Covid-19 restrictions, requirements, or local laws when you participate in the vCSM.



# DURING YOUR SKI

This year, you will be skiing your vCSM in a location of your choosing. This means that you may be skiing at a local ski club, in a public park, or on private land. You may be skiing in popular places, or have a trail all to yourself. In any case, proper trail etiquette is always to be followed. Here are some rules that you can follow to ensure that everyone has a good day on the trail:

- ALWAYS BUY A TRAIL PASS WHEN SKIING AT A COMMERCIAL CENTER. YOUR TRAIL FEE HELPS PAY FOR GROOMING AND MAINTENANCE OF THE TRAILS.
- WHEN STOPPING, STEP OFF THE TRAIL TO LEAVE ROOM FOR OTHER SKIERS TO PASS.
- ON DOUBLE-TRACKED TRAILS SKI SINGLE-FILE EXCEPT WHEN OVERTAKING.
- WHEN A SKIER BEHIND CALLS OUT "TRACK," MOVE TO THE RIGHT TO GIVE THEM ROOM TO PASS.
- AVOID CUTTING OFF OTHER SKIERS WHEN ENTERING TRAILS OR OVERTAKING.
- SKI IN THE SPECIFIED DIRECTION ON ONE-WAY TRAILS.
- DESCENDING SKIERS HAVE RIGHT-OF-WAY ON HILLS. CLIMBING SKIERS SHOULD MOVE AS FAR TO THE RIGHT OF THE TRAIL AS POSSIBLE WHEN ONCOMING SKIERS APPROACH.
- FILL IN SITZMARKS (SNOW INDENTATIONS MADE BY A FALLEN SKIER) AFTER FALLING ON TRAILS.
- PACK OUT ANY GARBAGE THAT YOU HAVE BROUGHT WITH YOU. LEAVE NOTHING BUT TRACKS, TAKE NOTHING BUT PICTURES. (AND TAKE LOTS OF PICTURES!)
- AVOID WALKING ON SKI TRAILS--FOOTPRINTS DECREASE GRIP AND GLIDE.
- SKATING ON CLASSICALLY GROOMED TRAILS WILL SIMILARLY DISRUPT THE GRIP AND GLIDE OF CLASSIC SKIERS.
- LEAVE YOUR DOG AT HOME--DOGS NOT ONLY LEAVE PAW PRINTS (AND MORE UNPLEASANT THINGS) BUT CAN ALSO CAUSE AN ACCIDENT.
- STICK CLOSE TO THE TRAIL--YOU MAY GET LOST OR YOUR TRACKS MAY LEAD OTHER SKIERS ASTRAY.
- RESPECT PRIVATE PROPERTY. SOME LANDOWNERS ARE GRACIOUS ENOUGH TO ALLOW USE OF THEIR LAND. TRESPASSERS MAY CAUSE THIS PRIVILEGE TO BE REVOKED.

# THE VCSM GREEN INITIATIVE

As most of you know, we here at the CSM have been trying to do our part to make our event more environmentally-friendly each year. But just because this year's event isn't being held the usual way, doesn't mean we can't all do our part for the environment! Here are a few tips to help you help our planet:

- DON'T LITTER! PACK OUT ANY WASTE YOU MIGHT CREATE, AND DISPOSE OF IT PROPERLY WHEN YOU GET HOME. REMEMBER TO RECYCLE AND COMPOST APPROPRIATE ITEMS!
- MINIMISE THE WASTE YOU DO MAKE. CONSIDER USING REUSABLE CONTAINERS FOR YOUR FOOD AND DRINK.
- INSTEAD OF PACKAGED SNACKS, TRY MAKING YOUR OWN SNACKS! MAYBE TRY THESE RECIPES:  
<https://triathlonmagazine.ca/nutrition/recipe-sweet-and-salty-energy-bites/> or <https://www.geopleinair.com/chroniques/sante-chroniques/de-or-en-barres-8-recettes-de-barres-energetiques-testees-pour-vous/>
- IF YOU PLAN TO DRIVE TO YOUR SKI LOCATION, CONSIDER CARPOOLING WITH OTHER PARTICIPANTS. (BUT DON'T FORGET TO WEAR YOUR MASK IN THE CAR!)
- YOU CAN EVEN OFFSET YOUR CARBON FOOTPRINT FROM THE DRIVE. VISIT [www.planetair.ca](http://www.planetair.ca) OR OTHER SITES TO FIND OUT HOW!





# AFTER THE EVENT

Once you've completed your vCSM, we want to hear all about it! In order to give you proper credit for your event, we need you to send us some information about your vCSM experience. You will receive from Zone 4, a URL link specific to your prior to Feb 6th to allow you to submit your results for vCSM 2021!

If you are skiing as a CdB, you must record your activity using some form of GPS device and send us the results. If you are a Half-Marathoner or Tourer, this is not a requirement, but it's still a good idea and we would appreciate receiving those results as well. See Appendix A for information how to do this.

For **ALL CDB**, kindly send us either:

- GPS DATA FROM YOUR SKI, (SEE APPENDIX A, AT THE END OF THIS GUIDE), OR
- PHOTOS OF THE DISPLAY FROM YOUR ACTIVITY TRACKER SHOWING THE DATE, TIME AND DISTANCE DISPLAYED WHEN YOU STARTED, AND WHEN YOU FINISHED. (YOU'LL NEED 2 PHOTOS FOR EACH DAY - A TOTAL OF 4.)
- IF YOU DO NOT HAVE ACCESS TO A GPS DEVICE PLEASE TAKE A PHOTO OF YOUR WATCH TIME AS YOU START YOUR SKI OUTING, AND AGAIN AS YOU COMPLETE YOUR OUTING – DO THIS FOR BOTH DAYS.

And if you're a **SILVER OR GOLD CDB**, you also need to send us:

- A PHOTO OF YOUR PACK, AND
- A PHOTO OF ITS CONTENTS (WHICH SHOULD WEIGH MORE THAN 5KG)

And if you're a **GOLD CDB**, you also need to send us:

- THE SIMILAR PHOTOS SILVER CDB SUBMIT AND IN ADDITION,
- A PHOTO OF YOUR CAMP SETUP. PLEASE LET US KNOW IF WE CAN SHARE YOUR CAMP PHOTO ON SOCIAL MEDIA SO WE CAN GENERATE EXCITEMENT ABOUT EVERYONE'S GOLD CAMP ADVENTURES!

And, if you're a **TOUREUR OR A HALF-MARATHONER**, you need to send us:

- SUBMIT VIA THE ZONE 4 WEBSITE THE DATES AND DISTANCE YOU SKIED ON EACH OUTING AND,
- IF AVAILABLE WE WOULD LOVE TO RECEIVE A GPS FILE OR FUN PHOTOS OF YOUR OUTING

This information will be provided via the Zone 4 website using the URL specific to you will be provided to you.

And, as always, please feel free to send us photos or videos of your training preparation or ski day that we can publish on our social media sites. If you use Strava, please share your data on our Strava club page!  
<https://www.strava.com/clubs/805158>

# AWARDS

After reviewing the information you've sent us, we will send you your medal, along with a skier toque and any appropriate awards you may have achieved this year. Any achievements you reach this year will count towards future editions of the CSM in its normal form. As well, CdB status is also affected by your completion of the vCSM – if you completed Bronze in virtual form this year, you can register for Silver next year, and so on!

If you are a Tourer and/or a youth who collects awards each year (e.g. Weber awards), please visit <https://skimarathon.ca/the-event/award-categories/individual-awards/> to assess what award you are eligible for. The non-CdB category is based on the honour system so make sure to declare how many 15Km sections you have skied during the vCSM month!



The Official 2021 CSM  
Skier's Toque



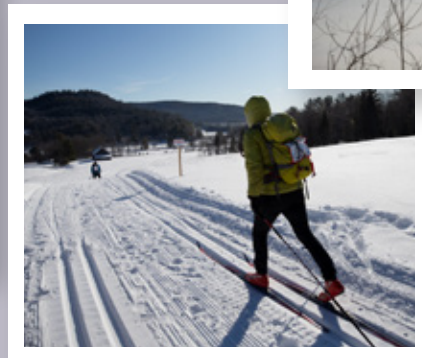
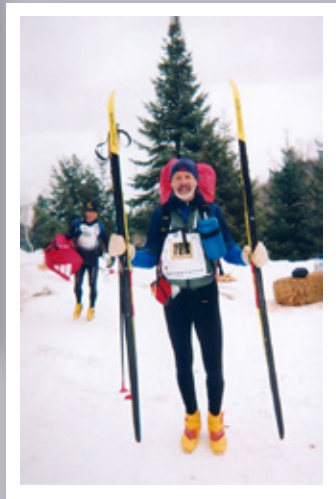
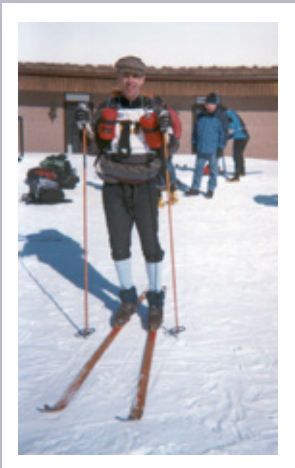


# ANY OTHER QUESTIONS?

We hope we answered all your questions, but if you still have additional questions, please contact us!

- 🌐 Visit our website at [skimarathon.ca](http://skimarathon.ca)
- 📘 visit our Facebook page
- @ and send us a message, email us at [info@skimarathon.ca](mailto:info@skimarathon.ca)
- ☎ or contact the CSM office at 1-877-770-6556

*See you  
(Virtually)  
On the trail!*



*Let's keep the legend alive!*

# APPENDIX A



## HOW TO RECORD ACTIVITY

A skier has the following options if they want/need to record their activity:

Use a cell phone with an app to record your track. First, make sure your phone has GPS capability; not all of them do. It is unlikely that a phone has sufficient battery capacity to last all day outdoors in winter, so bring an external power source and connecting cord. You can extend the battery life during your ski if you keep the phone in a warm place, such as inside your jacket, but don't bury it deep where it can't receive signals and keep it in a plastic bag so it doesn't get wet from sweat. Also, you can turn on airplane mode which will significantly extend battery life but then you won't be able to receive calls, which may be a good or bad thing. You can easily leave "Airplane Mode" to either text or make a phone call in case of emergency. You can also choose Low Power Mode which extends battery life further. There are many apps that can record your track and allow you to export it. Popular ones include Strava, AllTrails, Gaia, MyTracks, Avenza, etc. Make sure in advance that your app can export data and that you know how to do it.

Use a GPS watch. As with the first option, make sure your watch has the battery capacity to last all day outdoors in winter and that you know how to export the data. For example, Garmin watches export through Garmin Connect, where you can then save the data to a computer file in GPX or FIT format. Many will link directly to Strava and upload the data there.

Use a handheld GPS device. These devices are the most likely to have sufficient battery life to survive an entire day outdoors in winter. Bring spare batteries or an external battery pack and power cord to be sure. Before using one of these devices, make sure it has the capability to export the track data to a computer and you know how to do it. Not all devices can export data. Make sure to clear the previous track before starting the new activity and make sure to save the track at the end of the activity.



## HOW TO EXPORT DATA

This guide can't possibly cover all the options, but here are a few helpful ones.

If you use Strava, once your device has uploaded the track data to Strava, you need to go to the Strava web site (not the app on your mobile device). Find your activity and click on it so it fills the web page. On the left side of the page, click on the icon with three dots. One of the options is "Export GPX".



If your device (handheld GPS or a GPS watch) connects via Bluetooth to Garmin Connect, you can export the data from Garmin Connect to a computer.





# APPENDIX B

## Waiver

### ACKNOWLEDGMENT, ASSUMPTION OF RISK, and RELEASE of LIABILITY

In consideration of the Canadian Ski Marathon accepting my entry in this virtual ski event (hereinafter “the Event”), I (or my child), intending to be legally bound, for myself, my heirs, my executors and administrators, agree as follows:

AS A CONDITION of my (or my child’s) participation in the Event, I ASSUME ALL RISK of personal injury, death, or property loss resulting from any cause whatsoever, including, but not limited to, the negligence, gross negligence, breach of contract or breach of statutory duty of care on the part of the Canadian Ski Marathon, its directors, officers, employees, volunteers, organizers, contractors, associates, representatives, sponsors, successors and assigns (collectively the “Canadian Ski Marathon”).

I AGREE that the Canadian Ski Marathon shall NOT BE LIABLE for any such personal injury, death or property loss as a result of my participation in the Event and I release the Canadian Ski Marathon and WAIVE ALL MY RIGHTS and CLAIMS with respect thereto.

I AGREE NOT TO SUE the Canadian Ski Marathon for any loss, injury, costs or damages of any form or types, howsoever caused or arising, and whether directly or indirectly from my participation in the Event.

I AGREE TO INDEMNIFY and to SAVE and HOLD HARMLESS the Canadian Ski Marathon, and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever, they may incur due to any claim made against them, or any of them, as a result of my participation in the Event whether the claim is based on the negligence or gross negligence of the Canadian Ski Marathon or otherwise.

I acknowledge the following:

- The Canadian Ski Marathon has not designated a start or finish site for this virtual event;
- The Canadian Ski Marathon has not defined a specific route that must be covered;
- There will be no medical services provided to any participants;
- No support services, namely first aid, hydration/food and checkpoints, will be provided in any fashion;
- Each participant will complete the virtual event based on personal preference and capability (pace, cadence, aerobic threshold);
- Each participant is responsible for continuously monitoring exertion during the virtual event and the manner in which medical attention is sought;
- Each participant will complete the virtual event in a location that allows cross country skiing, whether a ski club, ski park, or private property where participant has right to make use of property;
- I will hydrate sufficiently prior to the event and hydrate regularly during the event;
- I will monitor for signs of frostbite and will seek immediate medical assistance at the first signs of any symptoms.

I pledge to do the following in support of my participation in this virtual event:

- Comply with all public health requirements in the jurisdiction where I will be skiing, including social distancing practices;
- Observe the rules and regulations of the ski club / ski facility / private property where I am undertaking my virtual event;
- Respect the natural environment in which I am undertaking my virtual event;
- Carry a cell phone or other personal communication device during the virtual event.

I attest that I am physically fit and sufficiently trained for the completion of the Event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of the Event in which I may appear for any legitimate purpose, including advertising and promotion.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT I AM GIVING UP CERTAIN SUBSTANTIAL LEGAL RIGHTS INCLUDING THE RIGHT TO SUE.

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Signature

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Date