

# REGISTRATION FORM ✂

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

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

City: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Chili:  Turkey  Vegetarian

Category:	SFN Member	Non-Member
Adult (18+)	\$14	\$18
Senior (60+)	\$10	\$14
Student (13+)	\$10	\$14
Child (4+)	\$8	\$10

Waiver: In consideration of Soo Finnish Nordic Ski Club (SFNSC) accepting my entry into the above activity, I hereby for myself, my heirs, executors, administrators, and assignees, forever discharge SFNSC and all clubs and organizations, corporate sponsors, property owners and individuals involved in this event from any and all claims, demands, action for injury, loss or damage while attending or participating in the above named activities.

Signature \_\_\_\_\_  
Guardian signature if under 18 years of age



## Questions

[jackrabbits@soofinnishnordic.com](mailto:jackrabbits@soofinnishnordic.com)

soofinnishnordic.com

Hiawatha Highlands: 705-256-7258

# MABEL

# LAKE

## SKI TOUR 2016

**SUNDAY, FEBRUARY 28, 2016**

### REGISTRATION

At Hiawatha Highlands' KinCentre  
with attached form  
OR online Zone4.ca

Registration includes lunch and trail refreshments.

Limited quantity of food available after Feb 23. Register early to avoid disappointment.

**SOO FINNISH NORDIC SKI CLUB**

# TOUR INFORMATION

## Schedule

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Ski mass start time: 11 AM  
Individual start time: 11 AM – 12 PM  
Trail support removed at 2:30 PM  
Lunch available: 1 – 3 PM

## Trail Refreshments

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There are two warm-up and rest stops with hot drinks, water, and cookies.

## Après-ski Lunch

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All registrations include a chili lunch (meat or vegetarian) and artisan bread provided by Café Natūra in the KinCentre. Refreshments and desserts included.



## Round Trip Trail Distance

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**The “Half-Mabel” – approx. 6 km**  
Connor Rd parking lot to first rest stop and return to parking lot.

**The “Kin-to-Creek” – approx. 12 km**  
KinCentre to Crystal trail, Mabel Lake extension, first rest stop, and return.

**The “Connor-Mabel” – approx. 14 km**  
Connor Rd parking lot to Mabel Lake rest stop (two rest stops in total).

**The “Full-Mabel” – approx. 19 km**  
KinCentre to Crystal trail to Mabel Lake rest stop (two rest stops).

**The “Uber-Mabel” – approx. 25 km**  
KinCentre, Crystal trail, including all extensions, to Mabel Lake rest stop.

## For The Kids

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Scavenger hunt and riddles on 6 km option.

Campfire, marshmallow roast, and s’mores at rest stops.

All participants will receive a maple-Mabel-medal.

## A FAMILY FUN EVENT!

