



Greetings!



The Adaptive Sports Foundation Race Team would like to invite interested athletes to participate in the Diana Golden Cup Race Series. We will be hosting a Level I race clinic and race on January 31st and February 1st at Windham Mountain, NY. The Golden Cup Series memorializes US and World Champion skier Diana Golden and is intended to promote the sport of ski racing to disabled athletes on the East coast. Level I racing is for everyone: any person with a physical or cognitive disability may participate. ***Participants do not need to have any prior racing experience.*** The atmosphere is relaxed and racers are encouraged to do their best, but most importantly to have fun!

Enclosed you will find registration information on the clinic and race. The ASF race team would love to host as many “new” racers as possible at this event. So, we encourage you to pass this information along to any potential participants. If you’re interested in races at other mountains, the schedule for the entire Golden Cup Series may be found at www.adaptivesportsfoundation.org/dianagoldenraceseries or at www.dsusa.org.

The ASF race coaches and a special guest coach will lead the race clinic on Saturday. The clinic will cover race technique and course tactics, and will be accessible to racers of any level. Film will be taken of each athlete during the day in a variety of skiing situations, played back and analyzed by the coaches. Video analysis is something which racers always find invaluable. A pizza party will follow skiing and each athlete will receive individual feedback and racing tactics advice.

Sunday’s race will take place on Lower Wheelchair, home of the Windham NASTAR course. To make the race competitive between people with a varying disabilities, times are factored or “multiplied” by a number based on your disability classification. You will find a list of classifications on the DSUSA website at www.dsusa.org/programs-winter-competition-disclassrules.html. If you are new to the racing scene and have trouble classifying yourself, please give the ASF a call. Racers with cognitive disabilities invited to participate; they will be classified as L0 athletes and scored separately from racers with physical disabilities. Gold, silver and bronze medals will be awarded to the winners in both skiing and snowboarding categories

The race is designed as an entry-level competition and no points will be given. The course will have 15-20 gates and will be an open Giant Slalom (similar to a NASTAR or J-IV course). Each racer will run the gates twice, and the fastest combined time wins. Racers will be disqualified for skiing through the course improperly. However, so as not to discourage participants, disqualified racers will still be given the opportunity to take their second run (although their time will not count).

Helmets are required for all racers.

The ASF Race Team is looking forward to having your athletes join us at Windham. Please call if you have any questions.

Pam Greene
The Adaptive Sports Foundation Race Team

Golden Cup/Mills Cup - Level I Race Clinic and Race Series

The Adaptive Sports Foundation at Windham Mountain

Jan 31 and Feb 1, 2009

Race Information

The Adaptive Sports Foundation Ski Team invites all disabled skiers and riders to participate in a Level I clinic and race at Windham Mountain, NY. Level I racing allows any disabled athlete interested in racing to become familiar with the sport in a fun environment. ASF will host an award ceremony for all participants at the conclusion of the race (approximately 1:00 PM).

Schedule

Saturday, January 31st

8:00am - 9:00am: Clinic registration - New ASF Sports Center (please see directions)

9:00am – 11:30am and 12:30pm – 3:00pm: Techniques/tactics clinic and videotaping

11:30am – 12:30pm: Barbeque lunch @ Adaptive Sports Center

4:00pm on - Video analysis and pizza party (Video analysis by ASF coaching staff)

Sunday, February 1st

8:00am – 9:00am: Race registration - Adaptive Sports Center (please see directions)

8:45 - Coaches Meeting

9:00am – 9:45am: Course inspection (Lower Wheelchair)

10:00am: GS Race start (Lower Wheelchair)

Barbeque lunch immediately following the race @ Adaptive Sports Center

Awards ceremony follows lunch

Parking

Handicapped parking is available in the upper two levels of the ASF Sports Center parking lot. There is a drop-off in front of the building. Please leave the upper level handicapped spots for wheelchair users and the second tier spots for other physically disabled athletes. We suggest that you plan to arrive before 8AM for the best parking spot. If those parking areas are full, you must park in the ski area lot and take a shuttle bus to the ASF Center.

Lodging

There are many hotels, B&B's and condos available in the area. You'll find the Windham Chamber of Commerce at www.windhamchamber.org or 1-877-2WINDHAM. For condos and townhouses, call 1-800-754-9463. The Winwood Inn may be reached by calling (518) 734-4300. You will find accessible rooms at both the Hotel Vienna (518) 734-5400 and the Thompson House (518) 734-4510.

Directions

You can find directions to our facility by going to our website, www.adaptivesportsfoundation.org/ directions.



Clinic & Race Registration

GOLDEN CUP/MILLS CUP

LEVEL 1 GS RACE

Adaptive Sports Foundation
at Windham Mountain, NY
January 31-February 1, 2009



LAST NAME	FIRST NAME	MIDDLE INITIAL	
STREET	CITY	STATE	ZIP
HOME PHONE		E-MAIL ADDRESS	
DATE OF BIRTH	MALE	FEMALE	TEAM
EMERGENCY CONTACT NAME		PHONE	

Age Category: (circle one)	Junior (under 18)	Open (18 and up)
Snow Sports Category: (circle one)	Skiing	Snowboarding
Physically Disabled Division: (circle one)	Visually Impaired	Standing Sitting

For classification descriptions, go to: www.dsusa.org/programs-winter-competition-disclassrules.html

Disability Classification: (circle one)							
B1	B2	B3	L1	L2	L3-1	L3-2	L4
L5/7-1	L5/7-2	L5/7-3	L6/8-1	L6/8-2	L9-1	L9-2	L10-1
L10-2	L11	L12-1	L12-2	LWO (cognitive disability)			

Check the appropriate box:

- Learn to Race Clinic (Sat): \$45 includes lift ticket, lunch, video analysis, pizza party
- Race (Sun): \$45 includes lift ticket, goody bag, lunch, and awards ceremony
- Both days– Clinic and Race: \$80 includes everything!

Buddy fee: Each racer receives one free buddy lift ticket each day

Credit card (MC/VISA/AMEX)# _____ Exp _____

Name on card: _____ Signature _____

Mail Form & Signed Waiver with payment to:
Adaptive Sports Foundation, PO Box 266, Windham, NY, 12496

For race information contact:
Pam Greene: pgreene@mhccable.com or 518-734-5070 x 4

DS/USA INSURANCE WAIVER & RELEASE OF LIABILITY FORM and MEDIA RELEASE FORM

Please note: there are two places on this sheet that require a signature.

DS/USA INSURANCE WAIVER & RELEASE OF LIABILITY FORM

In consideration of being allowed to participate in any way in DISABLED SPORTS USA/ADAPTIVE SPORTS FOUNDATION/WINDHAM MOUNTAIN's programs, related events, and activities, I and/or the minor participant, for myself, and on behalf of my heirs, assigns, personal representatives and next of kin, the undersigned:

1. Agree that prior to participating, I will inspect, or if a parent and/or legal guardian I will instruct the minor participant to inspect, the facilities and equipment to be used, and if I believe, to the best of my ability, that anything is unsafe, I and/or the minor participant will immediately advise DISABLED SPORTS USA/ADAPTIVE SPORTS FOUNDATION/WINDHAM MOUNTAIN of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that I and/or the minor participant, will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result only from my own actions, inactions or negligence of others, the rules of play, or the condition of the premises or any equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue DISABLED SPORTS USA/ADAPTIVE SPORTS FOUNDATION/WINDHAM MOUNTAIN, its affiliated clubs, their representative administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, their heirs, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.

I/WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I/WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE NOT CHANGED IT ORALLY, AND SIGN IT VOLUNTARILY.

X _____
Participant's Name **Signature** **Date**

FOR PARTICIPANTS OF MINORITY AGE

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/ her release as provided above of the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

X _____
Parent's Signature & Emergency Phone **Name & Date**

MEDIA RELEASE FORM

Name _____ Age _____ Male ___ Female _____

MEDIA/PHOTO WAIVER: I hereby authorize and give my full consent to Disabled Sports USA/Adaptive Sports Foundation/Windham Mountain to copyright and/or publish any and all photographs, videotapes and/or film in which I appear while attending this DS/USA event. I further agree that DS/USA may transfer, use or cause to be used, these photographs, videotapes, or films for any exhibitions, public displays, publications, commercials, art and advertising purposes, and television programs without limitations or reservations.

X _____
Signature **Date**