



# 2023 West Yellowstone Ski Trip

November 17 to November 25, 2023

West Yellowstone, Montana

Cost \$875 (\$975 if received after Oct. 27)

## Trip Leaders

Bonnie Fuller-Kask (218) 464-3510

Dave Kask

## Information:

- **This trip has filled up in the past. We will fill the buses on a first paid – first reserved basis. Your seat will be reserved when we receive your down payment.**
- Leave **Ordean East Middle School** (2900 East Fourth Street, Duluth, MN 55812) at 5:00 p.m. Friday, November 17.
- Have a bag dinner with you - we will not be stopping for dinner.
- We will stop for a quick breakfast on Saturday morning – indicate your preference on the Registration Form.
- Arrive West Yellowstone Saturday afternoon.
- Leave West Yellowstone about 4:00 p.m. on Friday.
- Arrive Duluth late morning on Saturday, November 25.
- \$875 Fee includes (\$975 if received after Oct. 27):
  - Transportation
  - Breakfast Saturday morning at Perkins on the way out
  - 6 nights lodging at the Club House Inn
  - Breakfasts in West Yellowstone
  - 3 dinners and Thanksgiving dinner
  - Ski passes for the week.
  - Coaching
- Skiers should bring additional money for lunches and two dinners.
- There are grocery stores and restaurants within walking distance of the Club House Inn.
- Waxing benches, irons and waxing help will be available. Bring your own glide & kick wax.
- **Skiers MUST bring the following kick waxes, Red Special, Blue Extra and Green plus a cork! This is necessary to get out on the ski trails faster.**
- **This is not a school-sponsored trip.** Parents will be required to excuse their students from school.
- **Please keep the volume of bags to a minimum.** This means 1 ski bag, 1 medium duffle bag and 1 small backpack. The bus will be full.
- No coolers, there will not be room on the bus.

**To reserve your seat on the bus, get your \$400 non-refundable deposit to Bonnie ASAP. The seats will be reserved when the deposit is received. Remaining trip fee is due to Bonnie prior to November 6, 2023** (we have to let the checks clear the bank so we can use the money in West Yellowstone). Please make checks out to **Nordic Fitness & Adventures, LLC.**

**Note: If signing up after October 27, 2023 the fee increases to \$975.**

Parents and other interested adults are welcome.

The prices for adults are:

- \$875.00 - Quad occupancy
- \$935.00 - Triple occupancy
- \$1035.00 - Double occupancy
- \$1335.00 - Single Occupancy

Adults must find their own roommates. Add \$100 if signing up after October 27, 2023.

# Welcome to the 2023 West Yellowstone Nordic Ski Trip

## Important Information:

Web site: [dulutheastnordic.org](http://dulutheastnordic.org)

Hotel phone: The Club House Inn / Kelly Inn 406-646-4544

## Trip Leaders:

Bonnie Fuller-Kask      Trip coordinator      218-464-3510,  
714 W. 5<sup>th</sup> Street, Duluth, MN 55806

Dave Kask      Trip coordinator

## To Register

1. Fill out the 2023 West Yellowstone Registration Form found on the [dulutheastnordic.org](http://dulutheastnordic.org) website
2. Print and sign the following forms:
  - a. West Yellowstone Nordic Ski Trip Registration
  - b. DE Nordic Acknowledgement and Assumption of Risk and Release of Liability
  - c. Rules of Behavior (Demonic Monster Form)
  - d. Rendezvous ski trails Assumption of Risk and Indemnity Agreement
  - e. Duluth Public Schools Acknowledgement
3. Send forms and a check made out to **Nordic Fitness and Adventures, LLC** for \$400.00 to (please put the skiers name on the check's memo line):

**Bonnie Fuller-Kask, 714 W 5<sup>th</sup> St., Duluth, MN 55806**

Please send remaining payment balance to Bonnie by November 6, 2023

## Bring along:

### Essentials

- ☐ Cash
- ☐ Cash Card?
- ☐ One form of ID
- ☐ Medications you take
- ☐ Luggage labeled

### Ski Gear

- ☐ Skis Classic & Skate
- ☐ Poles
- ☐ Boots
- ☐ Ski Bag
- ☐ **Kick wax (Swix red special, blue extra & green, or equivalent, plus a cork) Mandatory!**
- ☐ Glide wax (Bring your own). Waxing irons and benches will be provided.
- ☐ Waist pack, water bottle and carrier - **Must Have**
- ☐ Sunglasses and Sunscreen (We will be at 6600 ft. elv. The sun is intense)

### Clothes

- ☐ 2 sets of ski clothes – it may be cold – be prepared
- ☐ Extra hats and gloves (4 sets – they are never dry when you need them)
- ☐ Bathing suit
- ☐ Casual clothes

### Personal Items

- ☐ Toiletries
- ☐ School homework!
- ☐ Money for lunches & dinners & spending (Imax Theater & Grizzly Bear Center)

Take what you need but not a lot extra – the bus will be crowded!

No coolers will be allowed on the bus! We don't have room.

# Nordic Fitness & Adventures

## West Yellowstone Trip

### Acknowledgement and Assumption of Risk and Release of Liability

Name of Skier: \_\_\_\_\_

Skier's Address: \_\_\_\_\_

City: \_\_\_\_\_, State: \_\_\_\_\_ Zip: \_\_\_\_\_

Skier's Telephone No. \_\_\_\_\_ Date of Birth: \_\_\_\_\_

This Acknowledgement and Assumption of Risk and Release (hereinafter "Release") relates to the following activity:

A cross-country ski training trip to West Yellowstone, Montana over the Thanksgiving period in 2023. It is acknowledged that during this trip that the skiers will not always be supervised or chaperoned at all times by adults while skiing and during non-skiing times and that the students will be responsible for caring for themselves, including time in the pool at the motel, walking through town for recreation, walking to and from the ski trails, providing for their own food and otherwise being responsible for their own safety. It is possible that the weather may be very cold and that there may be ice and snow. Transportation for the trip is being furnished by way of a charter bus and the skiers will stay in a motel in West Yellowstone, Montana for this trip. It is also acknowledged that an opportunity may be given to cross-country ski in the back country with other students and an adult in an area where there are not prepared trails, and it is the responsibility of the student and parent to decline a back country day trip if they wish to do so. I also agree to abide by the oral and written Rules of Behavior applicable to this activity.

I know that cross-country skiing is an action sport carrying significant risk of serious injury, death or property damage. I also know that there are natural and environmental conditions and risk which independently or in combination with my activities may cause property damage, or severe or even fatal injuries to me or others. I agree that I am alone responsible for my safety while participating in competitive events and training for competitive events and during recreational skiing and specifically acknowledge that the following persons or entities, including Nordic Fitness & Adventures LLC, the organizers, coaches, officials, any agent, representative, officer, director, employee, member or affiliate of any person or entity named above, and any volunteer chaperones, are not responsible for my safety. I specifically RELEASE and DISCHARGE, in advance, those parties from any and all liability, whether known or unknown, even though liability may arise out of negligence or carelessness on the part of persons or entities mentioned above. I agree to accept all responsibility for the risks, conditions and hazards which may occur where they be known or unknown. Being fully aware of the risks, conditions and hazard of the proposed activity as a competitor, I HEREBY AGREE TO WAIVE, RELEASE and DISCHARGE any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of my participation in this activity against any person or entity identified above, whether such injury or damage was foreseeable. I further agree to forever HOLD HARMLESS, DEFEND and INDEMNIFY all persons and entities identified above, generally and specifically, from any and all liability for death, personally injury or property damages resulting in any way from my participation in this activity.

I currently have, and I agree to maintain throughout the time I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities identified above from providing coverage for me. I have received a release from my physician to participate in competitive cross-country skiing and other sports and acknowledge that I do not have any medical conditions which would create a special hazard for me or others. I acknowledge that I am responsible for my own routine medical care and that no special routine medical care is required except as otherwise specifically disclosed on this form.

This Acknowledgement and Assumption of Risk and Release shall be binding upon my heirs and assigns.

Date: \_\_\_\_\_

Skiers Signature

By signing this Acknowledgement and Assumption of Risk and Release as Parent/Guardian, I am consenting to the competitor's participation in this activity and acknowledge that I understand that any and all risk, whether known or unknown, is expressly assumed by me and all claims, whether known or unknown, are expressly waived in advance and that I agree to the above Release and make the same Release and Acknowledgements. By signing this waiver, I am granting permission to the organizers, coaches, chaperones and other adults on the trip to obtain emergency medical attention for the skier if it is not possible to reach the legal guardian by phone.

Date: \_\_\_\_\_ Phone No. \_\_\_\_\_

Signature of Parent/Guardian if athlete is under 18 years old

Medical Insurance Company

Other Pertinent Health Information

Policy Number

# **West Yellowstone Ski Trip**

## **Respect, Class, Smart Training and Behavior Contract**

**I, \_\_\_\_\_, being of sound mind, sound body and sound soul do hereby agree to the following terms of this behavior contract:**

- 1. I will follow my high school's and the Minnesota High School League rules at all times.**
- 2. I will have the highest respect for all trip leaders, hotel staff, hotel guests, and anyone else I encounter. My behavior at all times will be above reproach.**
- 3. I will train smart at West Yellowstone. I know skiing fast or an excessive amount of distance at altitude will wear me down and make me sick. I know that the purpose of the trip is to learn and practice good technique, not to earn mileage points.**
- 4. I will attend and be attentive at all required events. This includes the daily 8:00 p.m. evening trip meeting in the hotel and any other events I am asked to attend by a trip leader.**
- 5. I will always be with another trip participant, whenever I leave the bus, or the hotel.**
- 6. I will not ski alone. EVER.**
- 7. I will sign out of the hotel whenever I leave.**
- 8. I understand that only Club House Inn guests are allowed in the Club House Inn, unless the trip leader has approved the person.**
- 9. I understand that the purpose of this trip is to ski and stay healthy, therefore I will observe the trip curfew of 10:00 p.m. in my room and 10:30 p.m. or sooner, lights out.**
- 10. I will never wax or scrape skis in the hotel rooms. I will only do that in the wax area.**
- 11. I understand that an afternoon nap after a morning ski is a rare pleasure. I will take one as often as I can.**
- 12. I understand that if I turn into a demonic monster or break any of the above rules I will be sent home on the first bus or plane out of West Yellowstone at my expense. My parents will make these arrangements or they will drive to West Yellowstone to pick me up. I understand that the trip leaders are volunteering because they want to have fun, not because they want the unpleasant task of dealing with poor behavior. I will therefore do all in my power to be, as always, a good kid!**

**Signed: \_\_\_\_\_ Date: \_\_\_\_\_**

**Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_**

# Rendezvous Ski Trails

## NORDIC RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT ("Agreement")

For the "Annual" ski season-policy year of Nov 1, 2023-2024

In consideration of myself OR my child participating in the snow ski related activities, and/or other activities ("Activities") **offered by** (Nordic center / club) West Yellowstone Ski Education Foundation. **I represent that I OR my child understand** the nature of these Activities and that **I am** and my child are **qualified**, in good health and in proper physical condition to participate in such Activities. I acknowledge on behalf of myself OR my child that **if I OR my child believe event/Activity conditions are unsafe**, we will immediately discontinue in the Activity.

**It is fully understood that these activities involve inherent risks and dangers** of serious bodily injury, including permanent disability, paralysis and/or death, **which may be caused by my OR my child's own actions or inactions, those of others** participating in the Activities, **the conditions** in which the Activities take place, **or the negligence of the 'releases'** named below, and that **there may be other risks known to me OR my child**, or not readily foreseeable at this time; and I OR my child fully **accept and assume all such risks and all responsibility** for losses, costs and damages I OR my child might incur as a result of my OR my child's participation in the Activities.

**I hereby agree for myself and for my child to release, discharge, indemnify and covenant not to sue** West Yellowstone Ski Education Foundation, it's respective administrators, directors, agents, officers, volunteers, and employees, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the Activities take place (each considered one of the "Releasees" herein), and release and discharge them from all liability, claims, demands, losses, or damages on my account caused or alleged to be cause in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and **I further agree** that if, despite this release, waiver of liability, and assumption of risk, that I, or anyone on my behalf OR on behalf of my child, makes a claim against any of the Releasees **I will indemnify, save and hold harmless** each of the Releasees from any loss, liability, damage, or cost which may incur as the result of such claim.

**I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, and understand** that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature, **and intend it to be** a complete and unconditional release of all liability to the greatest extent allowed by law, and agree that if any portion of this agreement / release agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

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(printed name of participant) (Address)

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Signature of participant OR Parent/Legal Guardian Date Phone  
-if participant is a Minor child



# TRIP TO West Yellowstone, MT

## **ACKNOWLEDGMENT THAT THE TRIP IS NOT SPONSORED BY THE DULUTH SCHOOL DISTRICT**

On November 17, 2023, Bonnie Fuller-Kask at Duluth East High School is taking a group of students to West Yellowstone, Montana and is doing this in his/her personal capacity and this trip is not in any way sponsored by Independent School District No. 709. The undersigned acknowledges that he/she understands that international travel may involve some risks, including, but not limited to, accidents, injuries, and lost property. Accidents, injuries or losses may occur despite the careful, prudent, and reasonable planning and supervision of the trip provided by Nordic Fitness & Adventures, LLC. The undersigned acknowledges that whether or not any accidents, injuries, or losses occur, whether due to the negligence of Nordic Fitness & Adventures, LLC. due to reasons beyond their control, the Duluth School District will not be responsible or liable to me/us or our family for any harm or losses which may occur on or as a result of the trip to West Yellowstone, Montana. By signing below, the undersigned hereby releases and holds harmless the Duluth School District, its officers, employees, agents and volunteers from any claims, demands, or liabilities in any way arising out of the trip to West Yellowstone, Montana organized by Bonnie Fuller-Kask in his/her personal capacity. The undersigned acknowledges that the Duluth School District would not be responsible for any injury or loss occurring to my/our child or my/our child's property as a result of the child's participation in the trip.

**I HAVE READ THE ABOVE AND UNDERSTAND ITS CONTENTS AND BY MY SIGNATURE HEREUNDER  
ACKNOWLEDGE THAT THE DULUTH SCHOOL DISTRICT IS NOT SPONSORING AND THEREFORE IS  
NOT RESPONSIBLE IN ANY WAY FOR THE TRIP TO WEST YELLOWSTONE, MONTANA.**

Skiers Name \_\_\_\_\_

Dated: \_\_\_\_\_ Signature of Parent or Adult Student: \_\_\_\_\_