

# SIERRA REGIONAL SKI FOR LIGHT SKIER APPLICATION

PLEASE PRINT CLEARLY IN INK. MARK N/A IF NOT APPLICABLE.

## PERSONAL INFORMATION

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

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

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

Phone: Home: (\_\_\_\_) \_\_\_\_\_ Work: (\_\_\_\_) \_\_\_\_\_

E-mail address: \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

Age: \_\_\_\_\_ Date of birth: \_\_\_\_/\_\_\_\_/19\_\_\_\_

Sex:  Male  Female

Occupation: \_\_\_\_\_

Visual impairment:  high partial  low partial  totally blind

Do you have a hearing impairment?  Yes  No

If "YES" please explain: \_\_\_\_\_

Are you diabetic?  Yes  No

## SKIING INFORMATION:

Will you need cross-country ski equipment?  Yes  No

Guide preference:  Male  Female  Either

Please describe your cross-country skiing ability:

Beginner  Intermediate  Advanced

Please rate your proficiency level for each of the cross-country ski skills listed below. Rate yourself from poor (inconsistent or wobbly) to excellent (able to consistently maintain balance and control while performing the skill).

	POOR	FAIR	GOOD	EXCELLENT
Ski on the flats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stop on demand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turn on demand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Snow plow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Half snow plow in track	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Herringbone up a hill	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**SNOWSHOEING:**

Do you wish to snowshoe?  Yes  No

Will you need snowshoes?  Yes  No

List any previous attendance at Ski For Light International or Regional events and/or any other cross country skiing experience that you have had.

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**OTHER:**

Do you anticipate bringing a guide dog?  Yes  No

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, or on a separate page.

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Signature: X \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian: X \_\_\_\_\_ Date: \_\_\_\_\_

Your signature verifies that all the above information is correct.

**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.

Signature: X \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian: X \_\_\_\_\_ Date: \_\_\_\_\_

Return ALL forms to:

**Cindy Quintana, SRSFL Three-Day Event Coordinator**  
**15301 Beatty St.**  
**San Leandro, CA 94579-2116**  
**(510) 483-2948**  
**cindyq12345@sbcglobal.net**

# HOUSING INFORMATION

## MARCH 14 – 16, 2009

NAME: \_\_\_\_\_

Will you be staying at the Fairfield Inn in Rancho Cordova Friday night March 13?

- Yes  No

If "Yes", room preference:  Double occupancy (**\$39**)  Single occupancy (**\$78**)

Roommate preference: Name: \_\_\_\_\_

At Best Western Truckee Tahoe Inn in Truckee:

Room preference:  Double occupancy  Single occupancy

Extra charge for single occupancy (\$129)

Roommate preference: Name \_\_\_\_\_

Are you a smoker?  Yes  No

If "No" would you be willing to room with a smoker?  Yes  No

Are you willing to room with a person bringing a guide dog?  Yes  No

### MEALS:

Please choose one of the two options 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

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

- Address  Phone number  E-mail address

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

- Braille  Print  CD