



Anchorage, Alaska

Open Letter to all athletes participating in the 2009-2010 US Cross Country Skiing Championships

Dear Athletes,

In order to conduct and provide the safest competition environment it is imperative that the medical team for the Championships have on record a summary of all of your medical conditions, medications and the medical or social requirements. Furthermore, it is necessary that any emergency medications you might require be immediately accessible to the medical team throughout the entire competition week. Finally, should you have any significant medical problems, please provide written identifications of coaching or family personnel who will be in attendance and how to contact them in the even of an emergency or other medical event.

Please provide any information to the Comp Office or Medical Area, both in the Kincaid Chalet before Saturday, January 2. Information can be emailed to the Competition Secretary at nordicracesec@gmail.com.

Best wishes for a safe and successful competition week.

Thank you,

Peter Mjos, MD.

Chief Medical Officer

907-744-0077 (Dr. Mjos Cell Phone)

907-744-0167 (Kincaid Medical Cell Phone)

