



SCHEDULE/REGISTRATION

Sat: 8:30-9:30 AM Registration and bib pick-up at Mt. Ashwabay.

10:00 AM - 3.5k Youth Freestyle start
10:30 AM - 11k Adult Freestyle start
11:30 AM - 0.5K Kids Fun Race start

Due to weather and/or course conditions, the start may be delayed, race distances changed, or the event cancelled.



AWARDS

Homebaked cookies go to all finishers. The overall male and female winner of each race will receive a homemade pie or plate sized cookie bar. Awards will be given to the top three (3) male and top three (3) female finishers for each race in each age division. 3.5k age divisions: 8-9, 10-12, 13-15, 16-18. 11k age divisions: 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+. The awards presentation will take place at Mt. Ashwabay following the race.



RACES

The Mt. Ashwabay Summit Ski Race offers a 3.5k youth, 11k adult, and 0.5k kids (8 and under) fun race. All races start and finish at the Mt. Ashwabay Chalet. Classic and skating lanes are provided throughout the course. Middle School and High School racers are encouraged to do the 3.5k race.



START

There may be wave starts for the 11 k race, if there are enough participants to warrant it. Wave assignment will be based on skier age on race day.

- 18 and under
- 19 to 39
- 46 and older

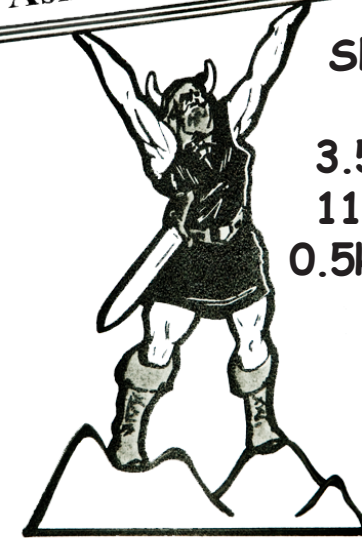
*Race officials may modify wave starts as needed to safely & efficiently run the event.



TIMING / RESULTS

Timing services are provided by Friends of Lake Superior Nordic Trails and 4HCANS-KI members. This is an old-style race with hand timing. Results will be posted at the Mt. Ashwabay Chalet following the races and at www.4hcanski.org.

Mt. Ashwabay Summit



Ski Race

**3.5k Youth
11k Adult
0.5k Kids Race**

Saturday

February 6, 2010

10:00 AM

at

Mt. Ashwabay Ski Trails

Ski Hill Road

Bayfield, WI

This is a community run cross country ski race. The funds raised will be used to promote youth ski development and quality trail grooming.

Mt. Ashwabay Summit Ski Race

February 6, 2010

Race Entry Form

RACE: *3.5k Freestyle - 10 am
*11k Freestyle - 10:30 am
*0.5k kids race (free) - 11:30 am
FEE: \$10 Youth (18 and under)
\$20 Adults

* Skier Information

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Male Female Age _____
(On Race Day)

I would like to make a donation to Ashwabay Outdoor Educational Foundation.

Little Joe (up to \$100) Port Way (up to \$1000) Hemlock (\$5000+)

I would like to become a member of 4H-CANSKI.

\$15 youth \$20 Individual \$40 Family \$10 Leader/Coach

I hereby release the sponsoring clubs, its members or agents and any person officially connected with the competition from all liability for any injury or damages.

Signature _____ Date ____ / ____ / ____

Parent/Guardian Signature _____ Date ____ / ____ / ____

No mail in registration - "day of" registration only!

For more information, contact Scott Nesvold at 715-373-5611, or ski@4hcanski.org



AOEF promotes many activities, including: downhill skiing, snow shoeing, cross-country skiing, and Lake Superior Big Top Chautauqua's live performances. Mt. Ashwabay's encourages sustained family-focused recreation, arts, and entertainment.

Ashwabay Outdoor Educational Foundation
PO Box 222
Washburn, WI 54891
715-373-2774
aoef@washburnwi.com
aoef.washburnwi.com



4HCANSKI is a club devoted to promoting cross-country skiing in the Chequamegon Bay Area. We are looking for new members, coaches, and equipment. Please contact us for more information.

4H-CANSKI
c/o Doug Liphart
UW-Extension Office
201 W. Main St., Courthouse room 107
Ashland, WI 54806
715-682-7017
doug.liphart@ces.uwex.edu
www.4hcanski.org



Friends of Lake Superior Nordic Trails is a club dedicated to enhancing cross country facilities, trail grooming and maintenance in the Chequamegon Bay area and surrounding region.

Friends of Lake Superior Nordic Trails
PO Box 292
Washburn, WI 54891
715-373-2114
joegroshok@centurytel.net
www.superiornordic.org