

## SCHEDULE/REGISTRATION

Sat: 8:15-9:30 AM Registration and bib pick-up at Mt. Ashwabay.

9:30 AM - 3.5k Youth Freestyle

10:15 AM - 10k HS Classic

11:00 AM - 21k Adult Pursuit;  
10k Adult Classic; 11k Adult Skate

12:00 PM - 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 of the .5k Kids Race. 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. Adult race 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, 10k HS Classic, 21k adult pursuit race (this is worldcup style, transition area to switch skis and poles 10k classic/11k skate), 10k adult classic, 11k adult skate, 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 skate courses. Middle School racers are encouraged to do the 3.5k race. High School racers are encouraged to do the 10k classic race.

## START

There may be wave starts for the adult races, 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
- 40 and older

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

## TIMING / RESULTS

Timing services are provided by itiming.com. Results will be posted at the Mt. Ashwabay Chalet following the races, itiming.com and at [www.ashwabaysummitskirace.com](http://www.ashwabaysummitskirace.com).



## Mt. Ashwabay Summit Ski Race

**0.5k Kids Race**  
**3.5k Middle School and Youth**  
**10k High School Classic**  
**19k Adult Pursuit**  
**8 k Adult Classic**  
**11k Adult Skate**

**Saturday**  
**January 31, 2015**  
**9:30 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

January 31, 2015

Race Entry Form

RACE: 3.5k Freestyle - 9:30 am  
10k High School Classic - 10:15 am  
19k Pursuit - 11:00 am  
10k Classic - 11:00 am  
11k Freestyle - 11:00 am  
0.5k kids race (free) - 12:00 pm

FEE: Until January 19	January 20 - Race Day
\$8 Youth (18 and under)	\$10 Youth (18 and under)
\$20 Adults	\$25 Adults
\$40 Family	\$45 Family

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Male       Female      Age \_\_\_\_\_  
(On Race Day)

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 \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Mail registration to: Friends of Lake Superior Nordic Trails,  
27760 Cty Hwy C, Washburn, WI 54891**

**For more information visit [www.ashwabaysummitskirace.com](http://www.ashwabaysummitskirace.com),  
or contact Scott Nesvold at 715-373-5611, or  
[scott@ashwabaysummitskirace.com](mailto:scott@ashwabaysummitskirace.com)**

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 1401  
Washburn, WI 54891  
715-779-3227  
[info@mtashwabay.org](mailto:info@mtashwabay.org)  
[www.mtashwabay.org](http://www.mtashwabay.org)

**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](mailto:doug.liphart@ces.uwex.edu)  
[www.4hcanski.org](http://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. The labor and equipment used to groom area trails is donated by this group. Donations to help us continue this mission are appreciated.

Friends of Lake Superior Nordic Trails  
27760 Cty Rd C  
Washburn, WI 54891  
715-373-5611  
[info@superiornordic.org](mailto:info@superiornordic.org)  
[www.superiornordic.org](http://www.superiornordic.org)