

# Summit Ski Race

Race Events Feb. 4, 2017

- 3.5k Middle School/Youth Freestyle - 9:30AM
- 7k High School Skate - 10:15AM
- 21k Adult Pursuit - 11:00AM
- 10k Adult Classic - 11:00AM
- 11k Adult Freestyle - 11:00AM

Until January 23

- \$8 Youth (18 & under)
- \$20 Adult
- \$40 Family

January 24 - Race Day

- \$10 Youth (18 & under)
- \$25 Adult
- \$45 Family

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.

Participant  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or  
Guardian  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail Registration Payable to:

4H-Canski  
c/o Scott Nesvold  
PO Box 182  
Bayfield, WI 54814

For More Information Contact:

[www.ashwabaysummitskirace.com](http://www.ashwabaysummitskirace.com)  
Scott Nesvold 715-779-3208

**Summit Ski Race**

4H-Canski  
c/o Scott Nesvold  
27760 Cty Hwy C  
Washburn, WI 54891



2017  
**Summit  
XC Ski  
Race**

Saturday, February 4<sup>th</sup>

**Mt. Ashwabay**  
**Ski & Recreation Area**  
3 miles South of Bayfield, Wisc.

A community run cross country ski race.  
Funds raised are used to promote youth  
ski development, & quality trail grooming.

0.5k Kids Race  
3.5k Middle School & Youth  
7k High School Skate  
21k Adult Pursuit  
10k Adult Classic  
11k Adult Skate

# Races

The Mt Ashwabay Summit Ski Race offers a 3.5k youth, 7k HS Skate, 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 7k skate 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 provided by Ready\*Set\*Go Timing. Results will be posted at the Mt. Ashwabay Chalet following races, and at [www.ashwabaysummitskirace.com](http://www.ashwabaysummitskirace.com)

# Schedule

Saturday, February 4th, 2017

8:15<sup>AM</sup> until 30 minutes before Race Start -

Registration and bib pick-up at Mt Ashwabay

9:30<sup>AM</sup> - 3.5k Youth Freestyle

10:15<sup>AM</sup> - 7k HS Skate

11:00<sup>AM</sup> - 21k Adult Pursuit

10k Adult Classic

11k Adult Skate

12:00<sup>PM</sup> - 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.

.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 at 11:30<sup>AM</sup> for youth and High School, and at 12:30<sup>PM</sup> for adults.

This is a community-run cross country ski race. Funds raised are used to promote youth ski development, and quality trail grooming.

Ashwabay Outdoor Educational Foundation promotes the enjoyment of the outdoors, and a healthy and strong community. With Mt Ashwabay Ski & Recreational Area as the base for activities, the Foundation has an outstanding venue for healthful recreation that enhance physical fitness.

AOEF

PO Box 1401

Bayfield, WI 54814

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

PO Box 182

Bayfield, WI 54814

715-779-3208

[info@superiornordic.org](mailto:info@superiornordic.org)

[www.superiornordic.org](http://www.superiornordic.org)