

2019 SUMMIT SKI RACE

Race Events Feb. 2, 2019

- 3.5k Middle School/Youth 9:30am
- 7k High School Classic - 10:15am
- 21k Adult Pursuit - 11:00am
- 10k Adult Classic - 11:00am
- 11k Adult Skate - 11:00am
- 0.5k Kids Race (FREE) - 12:00pm

Registration Fees

Until January 21

- \$8 Youth (18 & under)
- \$25 Adult
- \$40 Family

January 22 - Race Day

- \$10 Youth (18 & under)
- \$30 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 _____

**Middle and High School skiers must pre-register*

Mail Registration Payable to:

4-H Canski
c/o Scott Nesvold
P.O. Box 182
Bayfield, WI 54814

For More Information:

visit www.ashwabaysummitskirace.com
or call 715-779-3208

Summit Ski Race

Contact: Scott Nesvold

715-779-3208

P.O. Box 182

Bayfield, WI 54814



ASHWABAY SUMMIT
NORDIC RACE

Saturday, February 2nd

2019

**Mount Ashwabay Ski
& Recreation Area**

3 miles South of Bayfield, WI.

**A community run cross country ski
race. Funds raised promote youth
ski development programs,
& quality trail grooming.**



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



CHEQUAMEGON AREA NORDIC

RACES

The Mt. Ashwabay Summit Race offers 3.5 youth, 7k high school skate, 21k adult pursuit race (world cup style, transition area to switch skis and poles), 10k adult classic, 11k adult skate, and 0.5k fun race for kids 8 and under. 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

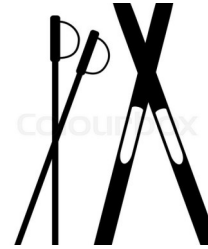
*Race officials may modify wave starts as needed to safely & efficiently run the event.

TIMING

Timing services provided by Duluth Timing and Events. Results will be posted at the Mt. Ashwabay Chalet following the races, and at www.ashwabaysummitskirate.com

*An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

*Saturday,
February 2nd
2019*



SCHEDULE

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

9:30AM - *3.5k Middle School / Youth Freestyle*

10:15AM - *7k High School Classic*

11:00AM - *21k Adult Pursuit*

10k Adult Classic

11k Adult Skate

12:00PM - *0.5k Kids Fun Race*

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

AWARDS

Home-baked cookies go to all participants of the .5k Kids Race. The overall and age group winners of each race will receive a homemade pie; 2nd and 3rd places, a plate-sized cookie bar. Awards will be given to the top 3 male and top 3 female finishers of the Middle School (MS) race in each division, and top 5 of High School (HS). Team awards for both MS & HS will be given as well.

Middle & High School Divisions:

MS: 5th-6th grade, 7-8th grade

HS: 9th-12th grade

Adult Race Age Divisions:

15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

The awards presentation will be held following the races at Mt. Ashwabay at 11:30AM for MS/ High School youth & 12:30PM for adults.

**UW
Extension**

University of Wisconsin-Extension

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 healthy, strong communities. With Mt. Ashwabay Ski & Recreational Area as the base for activities, the Foundation offers an outstanding venue for healthful recreation to enhance physical fitness.

AOEF

P.O. Box 1401

Bayfield, WI 54814

715-779-3227

info@mtashwabay.org

www.mtashwabay.org

4-H CANSKI is a club devoted to promoting cross-country skiing in the Chequamegon Bay area. We are looking for new members, coaches, and equipment. For more info, please contact:

Doug Liphart

UW-Extension Office

201 W. Main Street, RM 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 across the Northwoods WI region. Labor and grooming equipment is gifted by this group. Any donations to help us continue this mission are appreciated.

Friends of Lake Superior Trails

P.O. Box 182

Bayfield, WI 54814

715-779-3208

info@superiornordic.org

www.superiornordic.org