

# 2023 SUMMIT SKI RACE

## Race Events Feb.4, 2023

- 3.5k Middle School/Youth 9:30am
- 7k High School Skate – 1015am
- 25k College Pursuit – 11:00am
- Citizen Races, including: 30k Skate, 25k Pursuit, and 10k Classic – 11:15am
- 0.5k and 1.5k Kids Events (FREE) – 12:30pm

## Registration Fees

### Until February 4th

\$10 Youth (18 & under) | \$25 College Race  
\$35 Adult Classic, if received by Jan. 31<sup>st</sup>, 2023  
\$45 Adult Skate/Pursuit, if received by Jan. 31<sup>st</sup>, 2023  
\$55 Adult races if received Feb. 1<sup>st</sup>, or after.

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:

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

For More Information:

visit [www.ashwabaysummitskirace.com](http://www.ashwabaysummitskirace.com)  
or call 715-209-3584

Due to weather, course conditions, or other circumstances beyond the race organizers control, the start may be delayed, race distances changed, or the event canceled. Sorry, there are no transfers or refunds of entry fees.

**Summit Ski Race**  
Contact: Scott Nesvold  
715-209-3584  
P.O. Box 182  
Bayfield, WI 54814



ASHWABAY SUMMIT  
NORDIC RACE

## Saturday, February 4th 2023

### 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.

Overall winners and age group winners get a pie!



3.5k Middle School - 7k High School  
Classic - 25k College/Adult Pursuit -  
30k Adult Skate, 10k Adult Classic,  
0.5k and 1.5k Kids Events



## CHEQUAMEGON AREA NORDIC

Please note, we will be monitoring the situation around the Covid-19 virus and taking mitigation steps to help ensure a safe event and venue for everyone involved. We will fully document these protocols once they are established. Keep in mind the structure of the race can change as circumstances change and we will do our best to post that information on our website in a timely manner.

**NO ONE** should participate if they have signs or symptoms of Covid 19.

Please see the website for COVID-19 updates.

### RACES

The Mt. Ashwabay Summit Race offers 3.5 youth, 7k high school Skate, 25k adult pursuit race (world cup style, transition area to switch skis and poles), 30k adult skate and 10k adult classic. 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

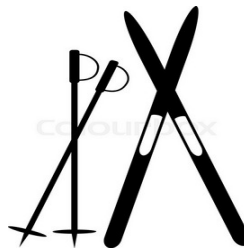
This year will be back to wave starts for each race.

\*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.ashwabaysummitskirace.com](http://www.ashwabaysummitskirace.com)

Saturday,  
February 4<sup>th</sup>  
2023



### SCHEDULE

8:30AM-11:00AM - *Bib pick up at Mt. Ashwabay*  
9:30AM - *3.5k Middle School / Youth Freestyle*  
10:15AM - *7k High School Skate*  
11:00AM - *25k College Pursuit*  
11:15AM - *Citizen Races - 30k Skate, 25k Pursuit, and 10k Classic*  
12:30PM - *0.5k and 1.5k Kids Races (Free)*

\*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:

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

The awards presentation will be held following the races at Mt. Ashwabay.

**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.*



Mt. Ashwabay Overlooking Lake Superior and the Apostle Islands, Mt. Ashwabay offers 12 alpine runs spanning over 65 acres and over 40km of cross-country trails. With our snowshoeing, skijoring, fat tire biking, and year-round hiking trails, the adventure is yours!

Mt. Ashwabay  
P.O. Box 1401  
Bayfield, WI 54814  
715-779-3227  
[info@mtashwabay.org](mailto:info@mtashwabay.org)  
[www.mtashwabay.org](http://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](mailto:doug.liphart@ces.uwex.edu)  
[www.4hcanski.org](http://www.4hcanski.org)

Bayfield Nordic 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.

Bayfield Nordic  
P.O. Box 182  
Bayfield, WI 54814  
715-209-3584  
[www.bayfieldnordic.org](http://www.bayfieldnordic.org)

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