

LSC Nordic Spirit Race Information 2012

Race Schedule: 7:30 - 9:30 Registration & Packet Pick-up (Timber Twister Building)
10:15 - Pre-race announcements (Start/Finish Line)
10:30 - 25K and 13K Classic Start
10:45 - 17K and 9K Freestyle Start
1:00 - Awards Ceremony (Bearpaw Chalet – Downhill Ski Area)

Race Start: All four races will start at the bottom of the campground loop of the Spirit Mountain Nordic trail system.

Race Courses:

9K and 17K Freestyle - Utilizes the 3K, 1K, and 5K Spirit Mountain Nordic Trails and is separate from the classic courses, except for the first and last kilometers (17K racers will complete two loops)

13K Classic - Completes one lap of the 11K Spirit Mountain Trail

25K Classic - Includes the 11K Spirit Mountain Trail and the Magney-Snively Trail

*The 13K and 25K classic races use the same trail for the first portion of the race. The races split just after the first aid station (about 6K into the race). The split will be marked by two large orange signs and a volunteer directing traffic. Long course racers turn right and short course racers turn left.

Cut-off Time: Any racer in the 25 K classic race who does not reach the Spirit-Magney Connector Trail by 11:15 (45 minutes) will not be permitted to complete the 25K race and must instead complete the 13K course. This is to prevent two-way traffic on the connector.

Aid Stations: -All aid stations will have both water and sports drink available
-The 25K classic course will have aid stations at 5.5K, 15.5K, and 18.5K
-The 13K classic course will have an aid station at 5.5K
-The 17K freestyle course will have an aid station at 9.5K
-The 9K freestyle course will not have an aid station

Race Finish: All four races will finish at the same place at the bottom of the campground loop adjacent to the start line.

Gear Storage: Racers can store their gear in a supervised area next to the start line near the campground bathhouse.

Results: Race results will be posted in the Bearpaw Chalet soon after the race and on <itiming.com>

Awards Ceremony: The awards ceremony will start at 1:00 (approximately) in the Bearpaw Chalet. Food and beverages will be available. You must be present to be eligible for door prizes. The top three males and females in each race will receive special awards.