

Alaska Ski for Women Event Day Information

February 7, 2010

Bring your skis, boots, poles and **DON'T FORGET YOUR BIB.**

- 10:00 am Ski Stretch by Laughing Lotus in Chalet
10:30 am **Classic Timed PINK Waves**
& Start of the **Duathlon**—in **BLUE** bibs
11:00 am **Freestyle Timed GREEN Waves**
Duathlon continues with freestyle technique
11:30 am Costume Parade and Judging
Noon Medal ceremony and costume awards
12:15 pm **Party Wave** with **WHITE** bibs (untimed)

Please ski only in the wave indicated by your BIB number.

(If you ski in the wrong wave, it must be a later wave with **BIGGER BIB #s.**)

Duathlon: Bibs 1-150 BLUE	
Classic start:	10:30 am
Freestyle start:	11:00 am

Classic Waves – PINK	
Bibs 151-250	10:30 am
Bibs 251-450	10:32 am
Bibs 451-550	10:34 am

Freestyle Waves – GREEN	
Bibs 551-600	11:00 am
Bibs 601-700	11:02 am
Bibs 701-800	11:04 am

Party Waves- WHITE	
Bibs 801-950	12:15 pm
Bibs 951-1150	12:17 pm
Bibs 1151-1300	12:19 pm

Wear your BIB proudly, on the **OUTSIDE** of your clothing, **PINNED** to the front of your costume, your jacket, or your scarf... in the finish chute, happy helpers will tear off the bottom of your bib to record your finish. You may write your name and team or partner on your bib to make it easier for volunteers!

Please allow plenty of time before your start and have a strategy for **Big Event Parking**. All skiers will be arriving at almost the same time this year, so plan ahead --- or plan to miss the fun.

*Please cooperate with Parking Volunteers since they see the **BIG** picture!*

DUATHLON

(**New this year**) This event is geared to those that want extra bragging rights! To be a duathlon participant you must be registered for the duathlon division. Timing for the duathlon participants begins automatically with the first classic wave and the first skate wave. There is only 30 minutes between the races, so the faster you ski the classic leg, the more time you have to rest and change gear between legs. Duathletes will be designated by wearing **blue** bibs.

CAR POOL

Meet your partner and other friends, pile into one car and drive to Kincaid. If parking volunteers suggest you take the shuttle bus - be prepared to do so!

SHUTTLE BUS

Park at Kincaid Elementary and take the shuttle bus into Kincaid.

Shuttles start at 9:30 am and end at 2 pm with pick up at outer parking lots

SILENT AUCTION

In the Chalet; bidding closes at 1 pm

MERCHANDISE

In the Chalet, quantities may be limited

CLASSIC WAXING

Available between 9:30 am - 12 pm on race day. Kick waxing (classic skis) will occur in the stadium at the TOKO tents. Allow plenty of time for waxing!

GLIDE WAXING

(**new this year!**) The West High School Ski Team is offering a glide wax service on Saturday, February 6 (day before the race) from 10 am to 4 pm at the West High ski room (make a left by the auditorium and follow the signs past the pool) for \$10. Three convenient options are available: Wax while you wait, pick up at designated time on Saturday, or delivery on Sunday morning by 8:30 am. Skis will be hot waxed with Toko glide wax by West High ski waxing experts, coaches, boosters, and skiers.

REFRESHMENTS

Available event day in the Kincaid Chalet

RESULTS

Posted online at www.AlaskaSkiForWomen.org as soon as available

AWARDS

Great prizes for racers and costume contestants will be awarded... don't miss it!