



Ski for Women Event Day Information

Sunday, February 5, 2012

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

- 9:00 am Final bib pickup in Chalet
10:30 am **Skate Duathlon Start** - in **BLUE** bibs
& **Skate Timed Waves Start** - in **GREEN** bibs
11:00 am **Duathlon continues with Classic technique**
& **Classic Timed Waves Start** - in **PINK** bibs
11:45 am **Costume Parade and Judging**
12:00 pm **Medal ceremony and costume awards**
12:30 pm* **Party Wave with WHITE bibs (untimed)**

*Note: we have been known to start the Party Wave a little early, especially if the day is particularly blustery. Be ready at noon. ALL participants, even Party Wavers, qualify for the Triple Finisher Patch!

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

To be a duathlon participant you must be registered for the duathlon division. Timing for the duathlon participants begins automatically with the first skate wave and the first classic wave. There are only 30 minutes between the races, so the faster you ski the skate 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 9:00 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 - items have sold out at registration!

GLIDE WAXING

West High School Ski Team is offering a glide wax service on Saturday, February 4 from 10 am to 4 pm at the West High ski room (follow 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.

CLASSIC WAXING

Available between 9:00 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!

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!