



Ski for Women Event Day Information

Sunday, February 3, 2019

Bring your skis, boots, poles...and DON'T FORGET YOUR **BIB - WORN ON FRONT OF COSTUME**

9:00 am	Final bib pickup in Chalet
10:30 am	Duathlon Start (Skate then Classic) - in BLUE bibs
10:35 am	Skate Timed Start - in PINK bibs
11:00 am	Classic Timed Start - in GREEN bibs
11:45 am	Costume Parade and Judging
12:00 pm	Race and costume awards
12:15 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, **OUTSIDE** of your clothing, **PINNED to the FRONT** of your costume or jacket.

Please allow plenty of time before your start and have a strategy for parking. Overflow parking is available at Kincaid Elementary with a shuttle bus to get you to Kincaid Park.

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

DUATHLON

Duathlon participants must register for the duathlon division. Timing for duathletes begins with the skate wave, skiers will skate the course then transition to classic gear in the transition zone and ski the course again (there is no break between races). Total race time: skate, transition, and classic. Duathletes wear **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; all bidding closes at 1:15 pm

MERCHANDISE

In the Chalet, quantities may be limited – items may have sold out at registration!

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 anchoragenordicski.com as soon as available

AWARDS

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

Brought to you by:



**NORDIC SKIING
ASSOCIATION
OF ANCHORAGE**