

SKAN 24

SKI KINCAID ALL NIGHT

Nordic Skiing Association of Anchorage

~ SKAN 24 Race Bible

March 23-24, 2019 ~ 10AM to 10AM

REGISTRATION

- Event bib pick-up and in-person registration from 12:00-7:00PM on Thursday, March 22, at REI.
- New This Year! Race day registration 8-10am in the timing shack at Kincaid, Saturday March 23. But remember, race starts at 10am SHARP!

RACE OPTIONS

- 6-hour race: Solo, Duo
- 12-hour race: Solo, Quad (2-4)
- 24-hour race: Solo, Quad (2-4), Octo (5-8)
- Categories:
 - Sick in the Head Solo (1 person)
 - Duo (2 people)
 - Quad (2-4 people)
 - Octo-Mob (5-8 people)
- Teams may be Female, or Coed (at least 1 male)

THE COURSE

Course maps will be provided at bib pick-up. Basically, there will be one loop on the south side of the road and one loop on the north side. Courses are approximately 6K long and include varying terrain, from short rollers to long descents and climbs. It will be challenging, but not too long. Both courses will come near the Jodhpur Bridge where there will be water/gatorade and snacks if you need a break or refreshment.

The course will change every 6 hours for a change of venue and to allow the other course to be groomed and 're-set'. This should help to mitigate the amount of sugar-skiing you will encounter. The courses will be run in reverse the second time, providing controllable conditions exist. This will be determined by the race directors during the race, approximately 1-2 hours before the course change. Plan on a reverse course unless a special announcement is made. You may be skiing a trail the way it's never been skied before! Be safe!

RACE FORMAT

Everybody:

- There will be two 6 kilometer courses. Every 6 hours the course will alternate to allow for the other course to be groomed and re-set.

- This will be a mass chaos start. Everybody goes in the same wave.
- Racers may finish at any time prior to the 6, 12, or 24 hour mark. Racers may finish after 6 or 12 hours, providing they DEPARTED on their final lap prior to the 6 or 12 hour mark. DEPARTING means having passed the finish line and actively leaving the stadium. A halt in forward progression means you have stopped. 24 hour has to FINISH their final lap BEFORE 24 hours.
- Results will be based first on the number of laps completed, then total times. The team with the most laps wins. In the event of equal laps, the team which completes their final lap first wins.
- Due to the nature of having 2 different courses, distances and course difficulty may be slightly different. Results will be based on number of laps completed regardless. This means that there may be some strategy involved, but keep in mind that everyone has the same opportunities/challenges.
- This is a freestyle event, and classic skiers are welcomed. Racers may also alternate between classic and freestyle. Racers may change or re-wax skis at any time throughout the event.
- Participants may leave the trail at any point (for aid, breaks, restroom, etc.), provided they re-enter the course at the same place.
- Only cross the finish line when completing a lap. If you or your team takes a break, DO NOT cross the finish line to “restart” racing. Just head out on you next lap. Yes, lap times will include breaks.
- Everyone must wear their bib when on the course. If you cross the finish line without your bib on, you will still get a lap time if you personally report your bib number to the timers in the booth. This means taking your skis off and coming to talk to us, where we will promptly interrogate you as to why you aren’t wearing your bib.
- If your bib is under a jacket, please unzip your jacket to show us your number. We will give you a ‘thumbs up’ once we get it.

Teams:

- Team Captain (Team member #1) will be designated by the team. All interactions with the Race Directors will go through the Team Captains.
- Relay exchanges will be made AFTER the lap count. Exchanges will be in the form of physical contact, such as a tap. If you want to pass a baton, headband, necklace or swap chapstick, feel free to do so but you will not get any special prize. Except maybe some extra cheering.
- Any member of the team may race any amount of laps. You do not need to race in any particular order, nor do all team members have to complete the same amount of laps.
- Only one person from each team may be on the course at one time from 10a-10p. From 10p to 10am two skiers may ski together and both laps will count. However, they must start and finish (go over the line) together. Youth (6hr quad) may ski in pairs and both laps will count for their entire race.

Soloists:

- Soloists may designate a single other person as acting Team Captain so as to not interfere with their race efforts.

TIMING

- We will be recording laps manually. We ask for your patience in posting results as this may take a little time.
- We will post results as time permits. Please do not pester the timers- this will only inhibit them from having the time to post the results! Updates will happen when they happen, as often as we can.
- As always for this type of event, it's a good idea to keep a record of your own team's laps and times in the event of timing error.

REQUIRED GEAR

- Headlamp (for skiing laps once it's dark out). We will be skiing on both lit and unlit trails. With the variety of headlamps available today, we will not have any sort of minimum requirement. Just be prepared to ski within the means of the headlamp you choose to use!

RECOMMENDED GEAR

- Handwarmers
- Changes of dry clothes (for soloists as well as teams). If you go out with damp clothing after your body has cooled down it WILL NOT warm back up!
- Drink/food belt (even 2K is a long way when you bonk)
- Lawn Chairs and warm clothing for sitting around the fire and stadium while you wait for your teammates.
- **GOING GREEN!!!** In efforts to minimize waste and be planet friendly and all that jazz, we ask that you consider the following:
 - Bring your own coffee mug. Paper cups will be provided in case you forget.
 - Bring your own plate and fork for pancakes in the morning. As with the coffee cups, paper plates and disposable forks will be provided in case you forget or are too tired to dig through your bag to find the one you brought.
 - Use your Team Captain's Race Bible. Only the Team Captain will be furnished with a hard copy of the Race Bible. The Race Bible will be available on the web page for reading electronically and downloading.

AID STATIONS

- An aid station will be provided in the stadium at the START/FINISH area.
- Mini-aid station at 2.5K at the Jodhpur Bridge.
- Bring enough food and drink for yourself, and plan to use the aid stations as supplemental.
- Kaladi will be providing free coffee and cocoa on Saturday.
- There will be a propane fire ring for warming/sitting around.

RESTROOMS/FACILITIES

- The restrooms in the bunker will be available throughout the event.
- The chalet will be available during normal operating hours. (Whenever that is...). If you see Kincaid staff during the race - please tell them "Thank you for being there!"

FOOD

- There will snacks at the aid stations
- There will be hot dogs/sausages in the stadium at 4:30p
- There will be a dinner potluck in the Wax Bunker at 7pm
- Pancakes at 7am in the Wax Bunker!
- A perpetual potluck also exists in the wax bunker - feel free to bring crockpots
- You may also want a cooler and supplemental food for you or your team.

SLEEP ACCOMODATIONS

- The wax bunker will be available to set up “camp”. For safety, it will be lit at all times.
- Feel free to bring your camper/RV and stay in the lower lot by the scoreboard on Saturday night.
- There will be plenty of space in the stadium for setting up a tent if you feel like toughing it outside or just having a ‘team area’.

WAXING

- Table, iron, and tools will be provided but feel free to bring your own.
- Bring your own consumables (wax).

AWARDS

- Awards for the top 3 in each category.
- Top Male and Female 24 Hour Soloists receive a separate prize.
- Special contests (think ‘hot lap’ or ‘best team name’) for additional prizes.
- Every few hours prizes will be drawn for all participants, if you are not present your name will be clipped to the prize on the line by the timing shack.

SPONSORS

- Kaladi- Coffee/cocoa provided Saturday
- NSAA- Grooming and race administration
- REI - bib pickup space

2019 SKAN 24 SCHEDULE

Thursday, March 21

12-7PM: Bib Pick-up at REI

Saturday, March 24

8-10 AM Late Registration and Bib Pickup in the Timing Shack

9:15 AM: Mandatory Pre-race meeting for Team Captains

10:00AM: Race Start (Course 1)

4:00PM: 6 Hour Race Finish (Begin Course 2)

4:30PM: Hot dogs/Sausages in the Stadium for all!

7:00PM: Potluck in the Wax Bunker

10:00PM: 12 Hour Race Finish (Begin Course 3)

Sunday, March 25

4:00AM: (Begin Course 4)

7:00AM: Pancakes in the bunker!

10:00AM: 24 Hour Race Finish

Compile results... Compile results...

11:00am ISH Awards at Wax bunker

Then go home and SLEEP!