



## Karen Sprague Memorial Valentines Ski Races

Hosted by Snowy Mountain Trails at the Stockholm School

Date: Sunday, February 14, 2010

*These races are dedicated to Karen Sprague, an inspirational community member and an avid ski racer.*

### Fees

Race Entry (**includes t-shirt**)--\$5 per individual or \$10 per family

Meal at Eureka Hall--\$5 donation per individual

### Events descriptions

#### 1. Mixed Relay Classical Sprints

This is a four-loop race for a two-person mixed team (one male, one female). Each team member skis one loop alternately and tags off to his/her partner: Female – Male – Female – Male. Teams with team members in different age groups will race in the category of the younger team member. Individuals may enter alone, and we will try to put you together with another individual to make a team. Awards will be given to the top two teams with both members in the same age division.

Kids	(born 2000 or later)	ski a 200m loop	Race at <b>12:00</b>
Youths	(born 1995-1999)	ski a 400m loop	Race at <b>12:30</b>
Juniors	(born 1989-1994)	ski a 1K loop	Race at <b>1:00</b>
Adults	(born 1956-1988)	ski a 1K loop	Race at <b>1:30</b>
Seniors	(born before 1956)	ski a 1K loop	Race at <b>1:30</b>

#### 2. Classical/Skate Duathlon Race at 2:00 Aroostook Cup Race

This is a mass start individual race. Everyone will classical ski a 2.6K loop, then switch to skate skis and ski a 2.6K skate loop.

### Schedule

11:00 pm	Registration at the Stockholm School
12:00 pm	Classical Mixed Relay Races (12:00, 12:30, 1:00,1:30)
2:00 pm	Mass start of the Classical/Skate Duathlon
After the races	Socializing, food, cash bar, John Tercyak entertaining with his guitar and fiddle, good vibes, raffle drawings and awards at <b>Eureka Hall</b>

### Contact

For more information contact Bob Sprague at 896-3048 or Charlie Anderson at 896-5212 or visit [www.mainewsc.org](http://www.mainewsc.org) under "**Calendar.**"