



MADAWASKA VALLEY SKI SPRINTS

Sunday, January 24, 2010

Registration begins at 12 noon at the Four Seasons Trail lodge. See directions at:

http://www.fourseasonstrail.org/Trail_Map.html

Cost: Youth \$2, Adult \$5

Aroostook Cup Course: This year's course is a 1.4 kilometer *sprint loop* starting from the lodge. Individual starts begin at 1:00pm using CLASSICAL technique only. Bill Koch Youth starts and touring starts to follow at 1:20pm. **Sprint Finals:** Quarter Finals, Semi-Finals and Final to follow at 2:00pm.



Kids' Terrain Park Course: Come see our terrain park with: half moon gates, limbo stick, ski tunnel, camel humps, slalom gate and sliding hill. Park will be open all day.

Contacts: madrec@pwless.net, jandreau@roadrunner
Madawaska Recreation Department: 207-728-3604



Spectators/Visitors:

Several snowshoe trail loops allow easy viewing of racers at various points on the course. Bring your snowshoes or rent at the lodge!!! Ski Rentals available as well!!!