

Methow Valley Sport Trails Association and the Methow Valley Nordic Team presents



Race of the Methow & J3 Championship



February 7 & 8, 2009 • Winthrop, Washington

RACE OF THE METHOW events are held on the new cross country ski trails at Liberty Bell High School, 22 Twin Lakes Road, in Winthrop, Washington.

EARLY REGISTRATION FEES

- J6 - J7: no fee, no registration required
- J3 - J5: \$11.00 for one day or \$20.00 for both days
- J2 - OJ and Masters: \$20.00 for one day or \$38.00 for both days
- Fee includes trail pass, aid stations and spaghetti feed Saturday evening (for junior racers)
- Early registration fees through Thursday, January 29

REGISTRATION PROCESS

- Register on-line at <http://www.mvsta.com/winter/raceomethow.html> or download a registration form, complete and mail to MVSTA, PO Box 147, Winthrop WA 98862
- Early registration fees through Thursday, January 29
- \$10.00 late fee beginning Friday, January 30
- Late registration 5:00 - 7:00 p.m. Friday, February 6 at MVSTA or 7:30 - 8:30 a.m. Saturday, February 7 at Liberty Bell High School

SEEDING

To be seeded, registration must be received by Wednesday, February 4.

SPAGHETTI FEED AND SATURDAY AWARDS

Join Race of the Methow participants, family members and friends 5:30 p.m. Saturday evening at Liberty Bell High School for this social event and MV Nordic Team fundraiser. Awards will be presented for the Saturday races. Cost included in junior racers registration fee. \$10.00 for 14 and older, \$5.00 for 13 & younger family and friends.

LODGING

Contact Central Reservations at 800-422-3048 or visit <http://www.centralreservations.net/>.

PRELIMINARY SCHEDULE

Accurate at time of printing. Changes will be posted at <http://www.mvsta.com/winter/raceomethow.html>

COACHES MEETING

7:00 p.m. Friday, February 6 upstairs in the Winthrop Ice & Sports Rink building, 208 White Avenue in Winthrop, adjacent to Winthrop Physical Therapy & Fitness and the Winthrop Town Trailhead. Refreshments provided.

SATURDAY, FEBRUARY 7: FREESTYLE SPRINTS

- 8:00 - 9:30 a.m. Late registration and bib pick-up, Liberty Bell High School
- 9:00 a.m. 1x15 second interval start, as follows:
 - OJ/J2 time trial 1K
 - Seniors/Masters time trial 1K
 - J3 time trial 1K
- 10:00 a.m. 2x15 second interval start, as follows:
 - J4 skate race 1K
 - J5 skate race .5K
 - J6 skate race .5K
 - J7 skate race .5K
- 11:30 a.m. J3 1K skate sprint, mass start, order determined by time trial results
- 11:30 a.m. Sprint heats
 - OJ-J2 boys 1K
 - OJ-J2 girls 1K
 - Seniors/Masters 1K
- 5:30 p.m. Spaghetti Feed and Saturday awards at Liberty Bell High School, 22 Twin Lakes Road

SUNDAY, FEBRUARY 8: CLASSIC RACES

- 8:30 - 9:30 a.m. bib pick-up, Liberty Bell High School
- 9:00 a.m. start, as follows
 - J3 classic race 3.3K
 - J4 classic race 2.5K
 - J5 classic race 1K
 - J6 classic race 1K
 - J7 classic race 1K
- 10:00 a.m. start, as follows
 - OJ-J1 boys classic race 10K
 - Seniors/Masters classic race 10K
 - OJ-J1 girls classic race 10K
 - J2 boys and girls classic race 5K
- Awards to follow each race

QUESTIONS? Contact Julie or Kristen, MVSTA Event Directors, at events@mvsta.com or 509-996-3287.