

## PNSA 2019 Junior Nationals Trip Update, February 11

PNSA Junior Nationals Hopefuls and Parents:

**NAMING OF THE TEAM** will take place immediately after the awards ceremony at the final qualifier race on Sunday January 16 at Mount Spokane. It is helpful if you can bring checks for trip fee and for team jacket (if you need one), and completed and signed forms. Details below. If you are not sure whether you will qualify for the team, please be prepared.

**JUNIOR NATIONALS TIME AND PLACE:** The 2010 Junior National Cross Country Ski Championships will be held at Kincaid Park in Anchorage, Alaska. We will travel to the Anchorage on Saturday March 9 and return Sunday March 17.

**QUALIFICATION:** The current qualification standings are posted online. You can find the link at [www.pnsa.org/cross-country](http://www.pnsa.org/cross-country).

**IF YOU DO NOT INTEND TO GO:** If there is any chance that you might refuse a spot on the JN team please inform Alan Watson promptly. We don't want to penalize you but it will help our planning to know if you have any doubts. If we do name you to the team and then you choose not to go you will have made life difficult for the next person on the qualification list. Thank you.

**PAYMENT:** The cost of the trip is \$1,300 (not including travel to and from Anchorage, uniform, or incidentals). The easiest way to pay is to bring a check (payable to PNSA) to the Spokane race. Otherwise payment must be received by the PNSA office by Friday, March 1. There is a credit card option (extra fee) on the PNSA web site.

**TRAVEL:** You will be responsible for arranging airfare to and from Anchorage. Normally you will coordinate travel with your team. We will arrange all transportation while in Anchorage. Please inform Alan of your flight schedules so we can arrange to transport you between the airport and our housing.

**LODGING:** We have rented houses from VRBO in the Sand Lake area of Anchorage, which is to the east of the race venue at Kincaid Park. Each age/gender group will be assigned to a house. We will let you know the addresses shortly after the team has been named and housing assigned.

**FOOD:** Karen Nichols and Merry Gourley will be our cooks. Please inform Alan if you have any allergies or dietary restrictions.

**UNIFORMS:** You must race in a PNSA team racing suit and also have a team jacket. You do not need to buy either of these if you already have them. If you do not have a PNSA racing suit you must order one online from Podiumwear by Tuesday, February 19 at 10:00 PM. There will be no exceptions to this deadline! To order, go to the Podiumwear website in the Contacts section below. (Ignore the "4 weeks" line; your uniform will be in Anchorage when you arrive). If you need a team jacket you can purchase one at Spokane when the team is named. Please bring a check for \$65 payable to PNSA.

**FORMS:** You need to submit three PNSA release forms (Athlete Code of Conduct, PNSA Medical Release, and Ski School Liability Release) and one or two from the organizing committee forms (Athlete Bio and Medical Info; only complete the Medical Info form if you have a condition that you want the organizers

to be aware of) before the trip. You can download them from [pnsa.org/cross-country](http://pnsa.org/cross-country) under the Junior Nationals section. Please print, complete, sign, and bring these in to Alan at the naming of the team.

**SKI MARKING:** Please clearly mark each pair of skis that you take to JNs with your name and “race” or “train”. If you have both powder and klister skis for classic add that information as well. If you have more than one pair in any category include “1”, “2”, etc. For example, if you bring two pairs of klister skis for racing one would be marked “Name, race, klister 1”. Please do not neglect to do this!

**SIGN UP FOR TEXTS:** If you want to receive a text notification of any last minute changes, send a text to 40404 saying “Follow pnsaxc”. You can cancel anytime by sending a text to 40404 saying “Stop pnsaxc”. We will use this sparingly.

**CONTACTS:**

PNSA:

[www.pnsa.org/cross-country](http://www.pnsa.org/cross-country)

509-445-4454

1329 Section Ave, Quincy WA 98848

Podiumwear (race suits):

<https://www.podiumwear.com/team-storefront/pnsa-jn-2019/>

Alan Watson (trip leader):

alanfwatson@yahoo.com,

509-341-4846