

2010 Cook County Invitational Pursuit Race (Revised)!

Date: Friday, January 29, 2010.

Where: **Pincushion Mountain Ski Area** On the Gunflint Trail. Go through “downtown” Grand Marais and turn left onto the Gunflint Trail (Co. Road 12). Go about 2 miles to the Pincushion Mountain Scenic Overlook. Warming house and outhouses on site.

Coaches meeting & bib pickup 10:00: a.m. at Pincushion warming house.

ORDER OF START (Enter as many skiers as you want)

11:00 am start running clock. Racers double start at 30 second intervals.

Event

Boy's Varsity Freestyle 5.5K

Girl's Varsity Freestyle 5.5K

Boy's Jr High Classic 2.6K

Girl's Jr High Classic 2.6K

2:00 pm restart running clock (20 minute gap between last Boy/first Girl)

Event

Boy's Varsity 5.2K Classic Pursuit Starts

Boy's Varsity 5.2K Classic Only (double interval starts)

Girl's Varsity 5.2K Classic Pursuit Starts

Girl's Varsity 5.2K Classic Only (double interval starts)

NOTE: The Jr. High race is for classical technique only and shall be for up through the 9th grade. Varsity skiers can ski both races (pursuit) or just either one. The classic varsity pursuit skiers will begin in the order of their freestyle finish at the interval they finished behind the leader. Individual classic only skiers will follow behind pursuit skiers. **Note:** skiers entering only one race will not count for the team score, only pursuit skiers will count towards team scores,

Cost: **\$5** per skier. Make checks payable to **North Superior Ski & Run Club.**

(Race fees must be paid before race start to participate!)

FOOD! THERE WILL BE HOMEMADE SOUPS, BREAD, BARS AND DRINKS AVAILABLE FOR PURCHASE, SO LEAVE THE PB&J SANDWICHES AT HOME!

AWARDS:

Individual top 10 in classic, freestyle, pursuit and Jr.High events. Medals 1-5; Ribbons 6-10;

Team plaques 1-2-3. Award presentations will be at Pincushion warming house immediately following the races.

The Grand Marais Municipal Pool (with whirlpool & sauna) will be open from noon to 8PM. A book of 10 tickets can be purchased there...Make a day of it!

Start Lists must be received by 6PM Wednesday, January 27, 2010.

Send to: Steve Deschene timing@boreal.org , or on website www.boreal.org/~durfee.

Phone Dick Swanson at 218-387-2902 (if you have questions, no phone entries please!)