

2013 Cook County Invitational Pursuit Race

Date: Friday, February 1, 2013. Coaches meeting & bib pickup 9:30 AM at Pincushion warming house

Where: **Pincushion Mountain Ski Area** on the Gunflint Trail. (Co. Rd. 12 is the Gunflint Trail – go through “downtown” Grand Marais, turn left onto the Gunflint Trail, go about three miles to the Pincushion scenic overlook (Pincushion Drive) and turn right. Warming house and primitive toilets on site.

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

10:30 am start running clock. Racers double start at 30 second intervals with some gaps between events to prevent unnecessary crowding.

Event

Boy's Varsity Freestyle 5.3K
Girl's Varsity Freestyle 5.3K
Boy's Jr. Varsity Freestyle 5.3K
Girl's Jr. Varsity freestyle 5.3K
Boy's Jr High Classic 2.8K
Girl's Jr High Classic 2.8K

2:00 pm restart running clock

Event

Boy's Varsity 5.6K Classic Pursuit

2:40 pm(?) restart running clock after last Boy finishes

Event

Girl's Varsity 5.6K Classic Pursuit

Note: Only pursuit skiers will count towards the varsity team scores. (Unlike past years, there will be no classic only option for either varsity or JV skiers)

Cost: **\$5** per skier. Make checks payable to **North Superior Ski & Run Club**. Please pay when you receive your bibs.

FOOD! THERE WILL BE DELICIOUS HOMEMADE SOUPS, BREAD, BARS AND DRINKS AVAILABLE FOR PURCHASE!

AWARDS:

Award presentations will be at the Pincushion warming house immediately following the race.

Varsity Pursuit:	Medals for top 10
Varsity Pursuit Team plaques:	1-2-3, boys and girls
Jr. Varsity:	Medals 1-5, Ribbons 6-10
Jr. High:	Medals 1-5, Ribbons 6-10

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 30, 2013.

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

Phone Dick Swanson at 218-370-1119 (if you have questions, no phone entries please!)