

RUN LEG

Updates made for 2011---New and Former Racers: Please Read.

2011 Ski to Sea Race

100 Years - 100 Miles - Seven Sports



For More Information, visit the website at: www.SkitoSea.com

REGISTRATION:

A designated team representative must pick up the team's race packet prior to the race. Please refer to procedures on the website www.SkiToSea.com under RACE GUIDE for pickup times and location. The packet includes the team timing chip, racing bibs & T-shirts. The designated team representative must distribute items to team members. There will be no extra racing bibs at the exchange areas.

PRE-RACE MEETING:

There will be a pre-race meeting at 8:00 AM on race day at the Day Lodge to review the race course. It is important that all runners ATTEND this meeting.

EQUIPMENT:

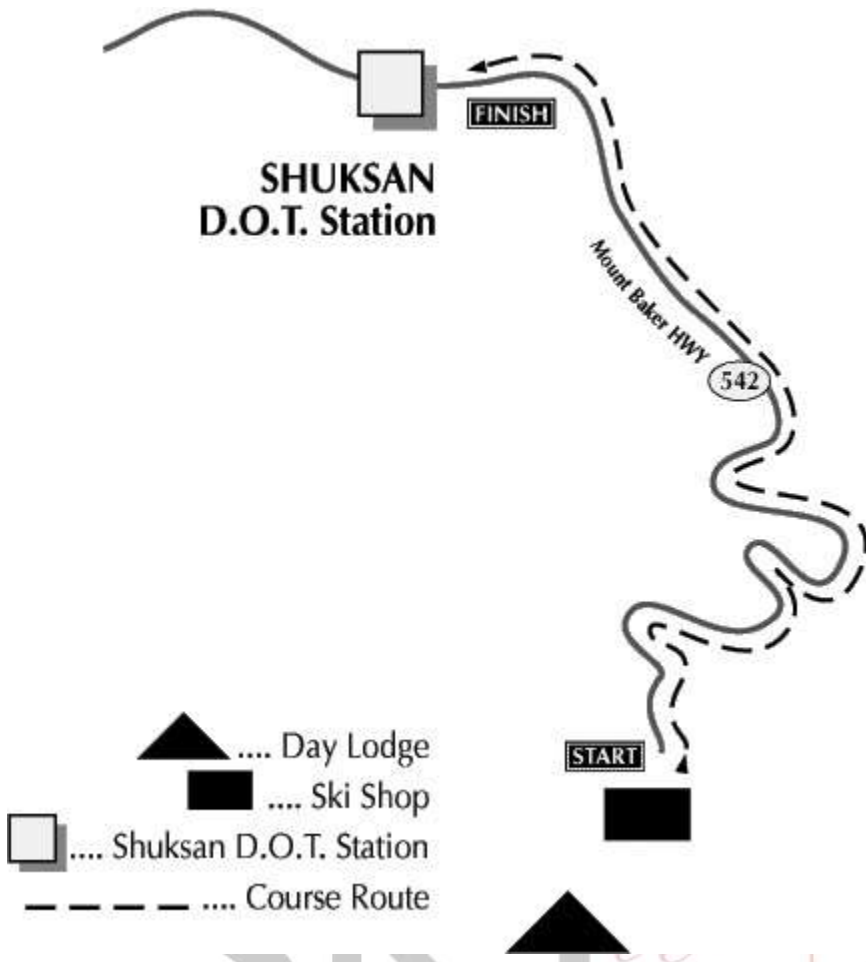
Appropriate attire for a race on pavement is required.

ROAD CLOSURE:

The Mt. Baker Highway (542) will be closed from 7:30 AM to 11 AM between Canyon Creek Road in Glacier and Mt. Baker Lodge. Any viewers, participants or additional support vehicles who want to go to the top of the mountain must pass Canyon Creek Road prior to 7:30 AM. No vehicles will be allowed to travel down the mountain prior to 9:30 AM. After 9:30 AM and for the duration of the race, vehicles traveling down Mt. Baker Highway (west) will be released in groups and will be escorted by a police vehicle. All vehicles must drive in the left hand lane, as the right lane will be reserved for the runners. Dispersal is based upon the flow of the race, and may be delayed in case of emergency or other safety concerns. Team members, spectators and fans should plan accordingly. For safety reasons, vehicles may not park along the course between DOT and the Mt Baker Lodge.

PARKING:

There are two options. (1) It is recommended that the runner carpool with the skiers to the top of the mountain and arrange to be picked up at the runner/bike exchange area by the skiers on their return. This will reduce the number of vehicles on the road and at the road bike exchange parking area. (2) The runner parks at the runner/bike exchange parking area and arranges for a ride from there to the top of the mountain and the exchange area. (See bike leg parking section if option 2 is used. Also, note the road closure information).



COURSE:

The runner is responsible for recording the downhill skier's finish time. Please be in the designated start area and be in position when your teammate is approaching. After receiving the timing chip, the runner will swipe the chip to create a finish/start time, run the event, swipe the chip at the end for a finish/start time, and pass the chip to the road biker. The runner will follow a well-defined route along Mt. Baker Highway for eight miles. Mile markers will be in place during the race. Water stations will be set up near mile 3 and mile 6, and runners will be checked off by bib number at several checkpoints. The downhill run will consist of a 2,200 ft. drop in elevation. Runners must remain on the right side of the road as there will be cars in the left downhill lane. Runners who cross the double yellow line will be disqualified. This will be monitored by official observers appointed by the race committee. Be aware that there will still be traffic on the

highway.

INFRACTION OF RULES:

Infraction of the rules by one team member may disqualify the entire team.

RESULTS:

It is important for all racers to show their bib numbers when crossing the exchange areas. Timing of individual legs may vary based upon exchange area layout. Therefore, personal time kept by racers may not correspond to official results.