

CROSS COUNTRY 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 and T-shirts. The designated team representative must distribute items to team members. There will be no extra racing bibs at the exchange areas. Be sure the team representative gives YOU the timing chip before race day as you will be the first team member to carry the chip.

PRE-RACE MEETING:

There will be a meeting at 7:15am on race day at the ski shop for all cross-country and downhill skiers. The meeting will give the latest updates of the race courses. It is important that all cross-country skiers ATTEND this meeting.

EQUIPMENT:

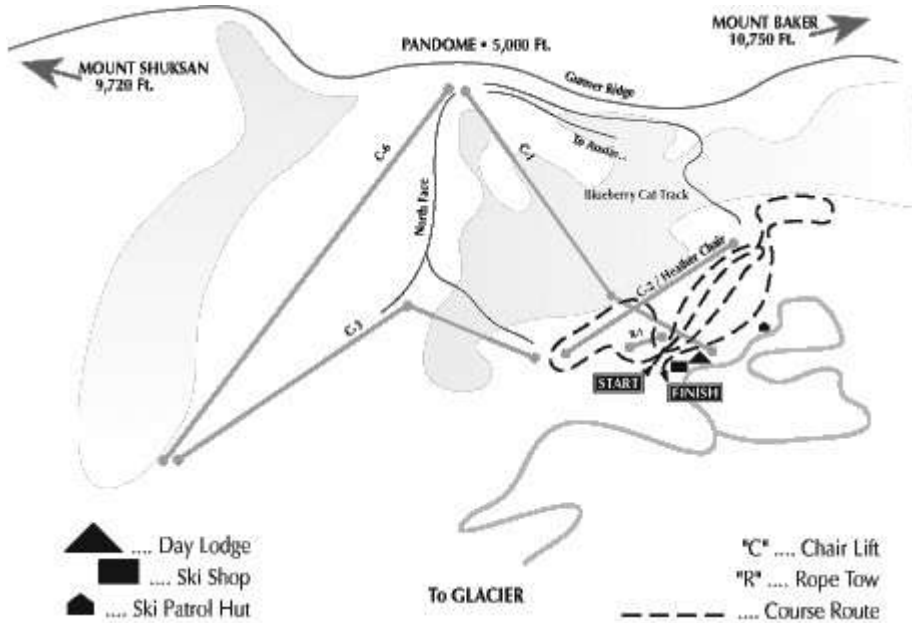
Competitive Division and Recreational Divisions: Only cross-country equipment is to be used in the event. Either skating or classic equipment is recommended for competitive skiers, touring equipment for recreational skiers. Telemark skis are allowed but not recommended.

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. Depending on how many Runners are racing down the highway, 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 of 10-15 and must be escorted by a police vehicle. Recent history has shown that cars usually start being escorted down the mountain after 10:00 AM.

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 the DOT snowshed (Exchange area for Runners to Road Bikers) and the Mt Baker Lodge.

Racers should leave Bellingham by 5:00 AM to ensure they make it to the ski area for the 7:15 AM Pre-Race Meeting.



COURSE:

The race starts at 8:00 AM. Don't jump the start! If you jump the starting gun, a five minute time penalty can be assigned. If you break a rule once underway, you risk disqualifying the entire team. No skating is allowed for approximately the first 100 yards. The cross-country skier with the timing chip will ski from a starting line next to the ski shop up the Seven Hills Valley to near the top of Chair 2, then down Home Run to the start area. The course then diagonals up and over to the mid station of Chair 1, down the Valley of No Return which runs parallel to Chair 2, around the base of Chair 2 and back to the starting area near the ski

shop. The cross-country skier then continues back up the Seven Hills Valley until reaching Home Run where the skier goes straight across Home Run and continues south across Home Run and beyond the Austin Pass Warming Hut before making a clockwise loop and returning to the Day Lodge area via the valley that runs east of the Ski Patrol Hut. The cross-country skier then continues to the hand off area beyond the original start area beyond the rear of the ski shop, where he/she will swipe the chip to create a finish time and then pass the chip to the downhill skier. This is the basic course which has not changed for 15 years.

Course length is approximately four miles.

The cross-country course is usually groomed late in the week for the two weeks leading up to the race. Racers are welcome to pre-run at anytime, but the course will not be marked until the Saturday prior to the race and there is no guarantee that the course will be groomed or skiable prior to the actual race. Participants may not cut the course and should follow proper race etiquette throughout their leg (yield to faster skiers, don't interfere with or endanger another participant). Racers violating these basic rules will bring time penalties or possible disqualification to their entire team. Some conflicts are possible with other cross-country racers at course intersections and with downhill skiers/snowboarders near the end of the course as they speed toward the finish. Please comply with all directions given by race officials and volunteers when approaching and passing through these areas to ensure the safety of all racers. When you cross the finish line, you must be in a position for the timekeepers to see your team number on your bib. The course is subject to change at any time due to snow conditions. The actual course for both skiers will be shown and discussed at the skiers' pre-race meeting at 7:15 AM on race day.

INFRACTION OF RULES:

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