

ABR SPRING RACE

March 20th, 2011 Sunday

21 km Freestyle

\$20 Entry fee

Mass start with aged female and male waves

Prizes to the top 10 finishers.

Random prizes

3.5 km Kids Race

Starting after 21 km race at approx 11AM \$5 Entry fee

Age groups: 6-7, 8-9, 10-11, 12-13, 14-15

Medals for age group top 3 places

1 km Gorilla Chase

for kids 5 and under,

Starting at approximately

11:45 after the Kids Race

no fee, medals to all finishers

Age Group

Start Time

F55+	8:54:00 AM
M65+	8:56:10 AM
F50-54	8:58:48 AM
F35-39	8:59:55 AM
M60-64	9:01:24 AM
F30-34	9:01:26 AM
F25-29	9:02:40 AM
F18-24	9:04:11 AM
F40-44	9:04:48 AM
F45-49	9:04:50 AM
M55-59	9:07:25 AM
M50-54	9:09:59 AM
M45-49	9:11:01 AM
M35-39	9:13:15 AM
M40-44	9:13:20 AM
M30-34	9:13:31 AM
M18-24	9:14:52 AM
M25-29	9:15:22 AM

Registration:

..just show up. No need to pre register. Race entry is \$20 for the 21 km Race Register 30 minutes before racing

Lunch/Concessions are available starting at 11:00 as a fund raiser for Team Gogebic

Aid Station: A water stop is located at approximately 11 km

Day-Skiing we are open for day-skiing during and after the races. No day-skiing on the race course during the race.

Race Course maps and markings are in place

Timing Manual timing

Wax Testing, warm-up and cool-down will be allowed on the day-skiing trails only and not on the race course.

Waxing space indoors is available starting at 8:00 AM

Awards The top ten 21 km finishers will receive a prize, Random drawings and prizes. Must be present to win random drawings.

Awards will be following the Gorilla Chase at approximately noon

Lodging Check our website or brochure and ask for Discounted ABR race lodging rates.

More Info call 906-932-3502 www.abrski.com

