

The Alaska Skijoring & Pulk Association's annual Race Across the Valley is Feb 12, 13 & 14!

RACE FEES: Race fees will be \$10/day for ASPA members, \$15/day for non-ASPA members. There will be a discount (\$25 for ASPA members, \$40 for non-members) for pre-registering for all 3 days by Feb 10th at 5pm.

To pre-register: send skier name, distance/class racing each day and names of the dogs in the pool to Sara Elzey at skijorex2@hotmail.com by 5pm Wednesday, February 10th. If you prefer, you can wait until you check in on day 1 to designate the dogs in your pool. After day 1 they cannot be changed. When you check in each day you must tell the registration desk which dogs from the pool you are racing on that day.

The Format for the Race Across the Valley is:

CLASSES: There will be two classes each day, a Short Distance Class and a Long Distance Class. Distances will vary by location (see below). Racers will be allowed to compete in either Short or Long Distance Class on any individual day as a "day racer" or compete in all 3 days in either distance class as a "stage racer" (see explanation of these classes below).

NEW FOR THIS YEAR: On Day 2 ONLY we will offer a third, Extra Long Distance class, of 12.5 miles. The cost for entering this one class only will be \$10 for ASPA members, \$15 for non-members. If you are racing other classes on Day 1 & Day 3 (as a day racer) in addition to this class on Day 2 you may pay the discounted 3-day fee. You may use up to 3-dogs in this class.

Long Distance class stage race participants will race all three days the longer distance on each day. Each racer is allowed a pool of 5 dogs for the event. The racer may use up to 3 dogs any one day.

Short Distance class stage race participants will race all three days, the shorter distance on each day. Each racer is allowed a pool of 3 dogs for the event. The racer may use up to 2 dogs any one day.

Day Racers may participate in either the Long or Short class on any given day, or multiple days. The racer may use up to 3 dogs in the Long class and up to 2 dogs in the Short class on any given day.

START ORDER: The day #1 (Friday, Feb 12th) start order will be determined by draw, with the Stage Racers going out before the Day Racers in each class. Long distance class racers will go out before Short distance class racers. On day #2 and #3, Stage Racers will go out in order of finish (first place will go out first,

second place will go out second, etc.) followed by the Day Racers in random order. There will be 1 minute start intervals between racers. If you miss your start within 30 seconds, you may start (your time begins with your official start time). If you are more than 30 seconds late you will be sent to the end of the field. Your time will still begin with your official start time which was your assigned start time.

TEMPERATURE CUT-OFF: -15F at 9:45am. Call the ASPA hotline 457-5456 to verify the status of the race after 10am.

AWARDS: There will be prizes for the fastest time each day in each class, as well as prizes for the fastest overall times in the 3-day Stage Race classes. There also may be a few random drawing prizes for all participants and volunteers.

DAY #1: Friday, February 12, 2010. **New Venue!** Check-in/bib pick-up and registration from 12:00-12:45, race starts at 1:00pm. Location at **Creamer's Field** on College Road. The course is to be determined, but the short course will be about three miles and the long course around six miles.

DAY #2: Saturday, February 13, 2010. Check-in/bib pick-up and registration from 12:15-12:45, race starts at 1:00pm. Location at Chena Lakes Recreation area off the Richardson Highway past North Pole. Follow the signs to the lake park Mike Agbaba Trail head. Short distance class will race the 3.8 mile loop. Long distance class will race the 6.8 mile loop. The Extra Long distance class will go 12.5 miles. These trails are always marked. See the map on the website. These trails are wide and flat and very easy to follow. Note there is no warm building at this location.

DAY #3: Sunday, February 14, 2010. Check-in/bib pick-up and registration 12:15-12:45, race starts at 1:00pm. Location at UAF West Ridge Ski Trails. Registration & post-race prizes in the ski hut. The Short distance class will go 4 miles, the Long distance class 8 miles, twice around the entire course. See the trail map at www.sleddog.org/skijor. This trail will not be marked until the day of the race. This is the same course as 2009.

RACE and TRAIL ETIQUETTE and RULES:

Before the race and in the parking lot, start/finish areas:

-Each participant is responsible for his/her dog(s). This includes before and after the event as well as during the event. We cannot guarantee a handler for the start/finish area and the starter and timers will NOT be able to help handle dogs. If you need a handler to help you to the start line, please bring our own. Flying starts will not be allowed. We will try to have tie-outs available but this may not be possible at all locations.

- No Nippy dogs.
- No loose dogs.
- Pick up your dog(s) poop in the parking and start/finish areas and haul out.

During the race:

- We suggest necklines for 2-dog teams and for wheel dog(s) in 3-dog teams.
- No metal edges skis.
- Moose and other wildlife have the right of way.

Passing Rules:

-To pass: Yell "trail" well in advance of needing to pass to give the skier ahead of you time to collect their dogs and move to the side of the trail. Go to the same side of the trail as your dog(s) to go on by.

-Being Passed: Reel in your dog(s) and stay on the same side of the trail as your dog(s). You may stop, but you don't need to. Hold your dog back for 5-10 seconds to let the Passer get a bit ahead before you give "chase".

-During head on passes; the skier with the most dogs has the right of way. The exception to this rule is on a steep downhill, then the person going down hill has the right of way.

-Both skiers should be careful with ski-poles during passes.

If you get lost:

-If you miss your turn, you may go back and make the correct turn, however, yield to all traffic you meet until you are back on the racecourse.

-If you miss your turn and cannot go back, continue to another turn and complete that course and report your completed course to the race director. If you complete less than the required distance, you will be disqualified, if you complete more than the required distance your time will stand.

After the race:

-Take your dog(s) away from the finish area right away so other teams have room to finish.

-Do not let your dog(s) loose

-Clean up after your dog in the start area and parking lot.

-All participants and volunteers should meet after the last finisher each day to swap stories and to pass out prizes.

GOOD LUCK!!!

Sara Elzey

2010 Race Across the Valley Race Director