

**Flint Hills Resources
Town Race Series #1
Fairbanks Youth Sports Opener**
Organized by
Nordic Ski Club of Fairbanks
Jim Whisenant Ski Trails
Birch Hill Recreation Area
Saturday, November 21, 2009

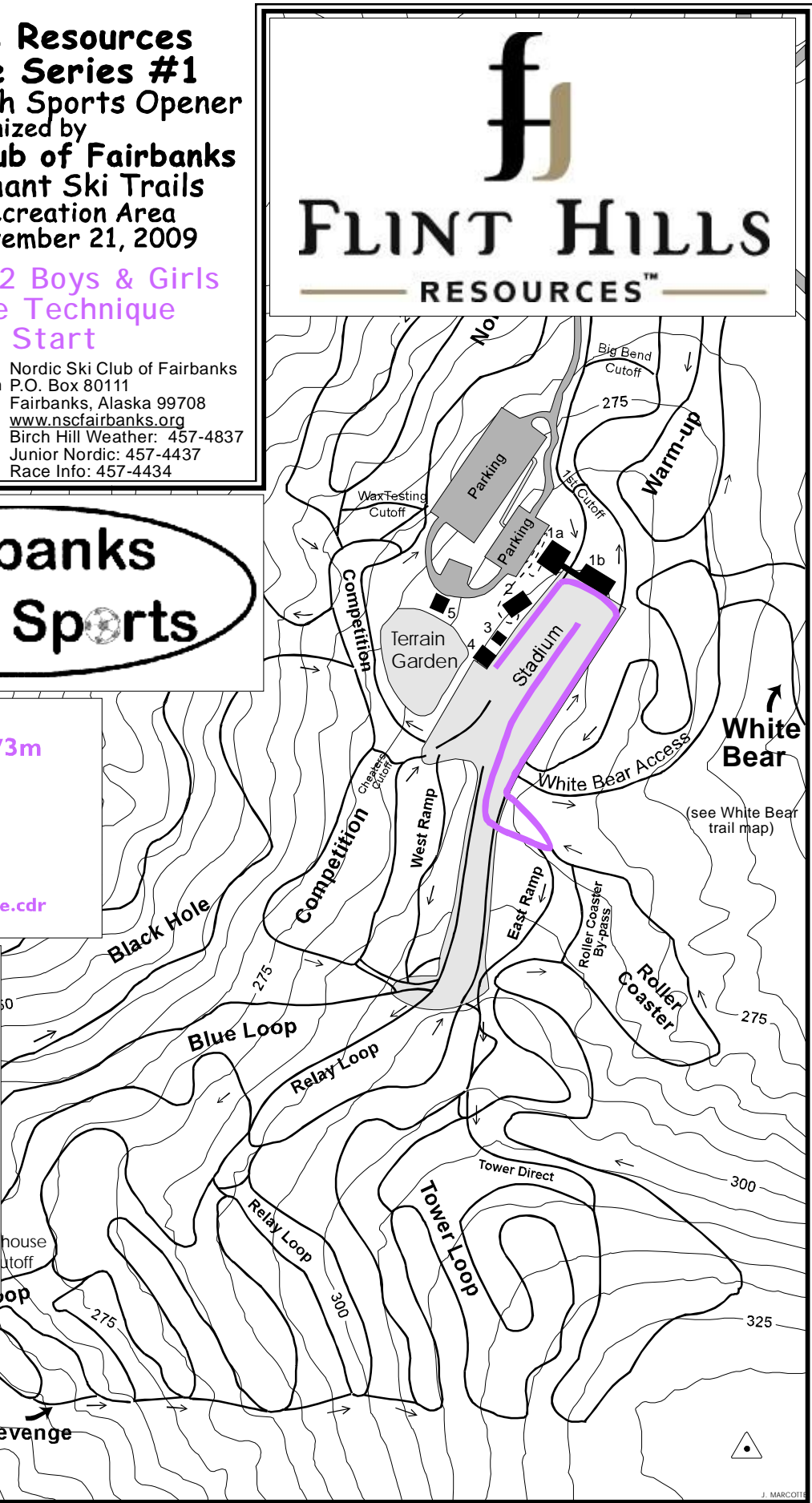
Grades K-1-2 Boys & Girls
500m Free Technique
Mass Start

Birch Hill Recreation Area
Fairbanks North Star Borough
Parks and Recreation Dept.
P.O. Box 71267
Fairbanks, Alaska 99707
(907) 459-1070

Nordic Ski Club of Fairbanks
P.O. Box 80111
Fairbanks, Alaska 99708
www.nscfairbanks.org
Birch Hill Weather: 457-4837
Junior Nordic: 457-4437
Race Info: 457-4434



Purple Course
Measured Dist: 673m
HD = 2m
TC = 4m
MC = 2m
M/Km = 5.9
Filename:
2009-11-21-006k-Course.cdr





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FLINT HILLS
 RESOURCES™

NORDIC SKI CLUB

FAIRBANKS

Flint Hills Resources
Town Race Series
 presented by
Fairbanks Youth Sports
 organized by NSC Fairbanks
 Grade K, 1 & 2 Boys & Girls
 600m Free
Mass-Start
 November 21, 2009
 Jim Whisenant Ski Trails
 Birch Hill Park Recreation Area
 Fairbanks, Alaska

Fairbanks Youth Sports

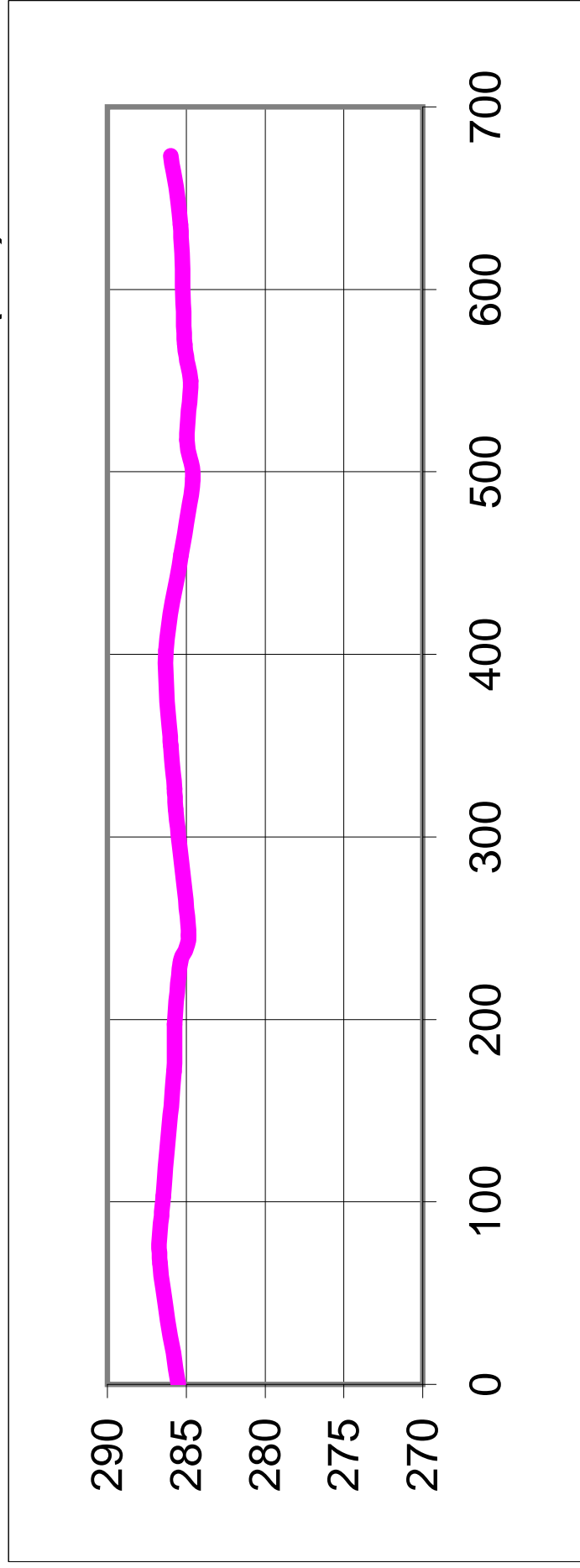
11/10/2009

trs1-09-11-21-00.6k

11:22 AM

Grade K-1-2 Girls and Boys 0.5km Free Technique

Measured Length 673 m **Height Difference (HD):** 2 m
High Point 287 m **Total Climb (TC):** 4 m
Low Point 285 m **Maximum Climb (MC):** 2 m



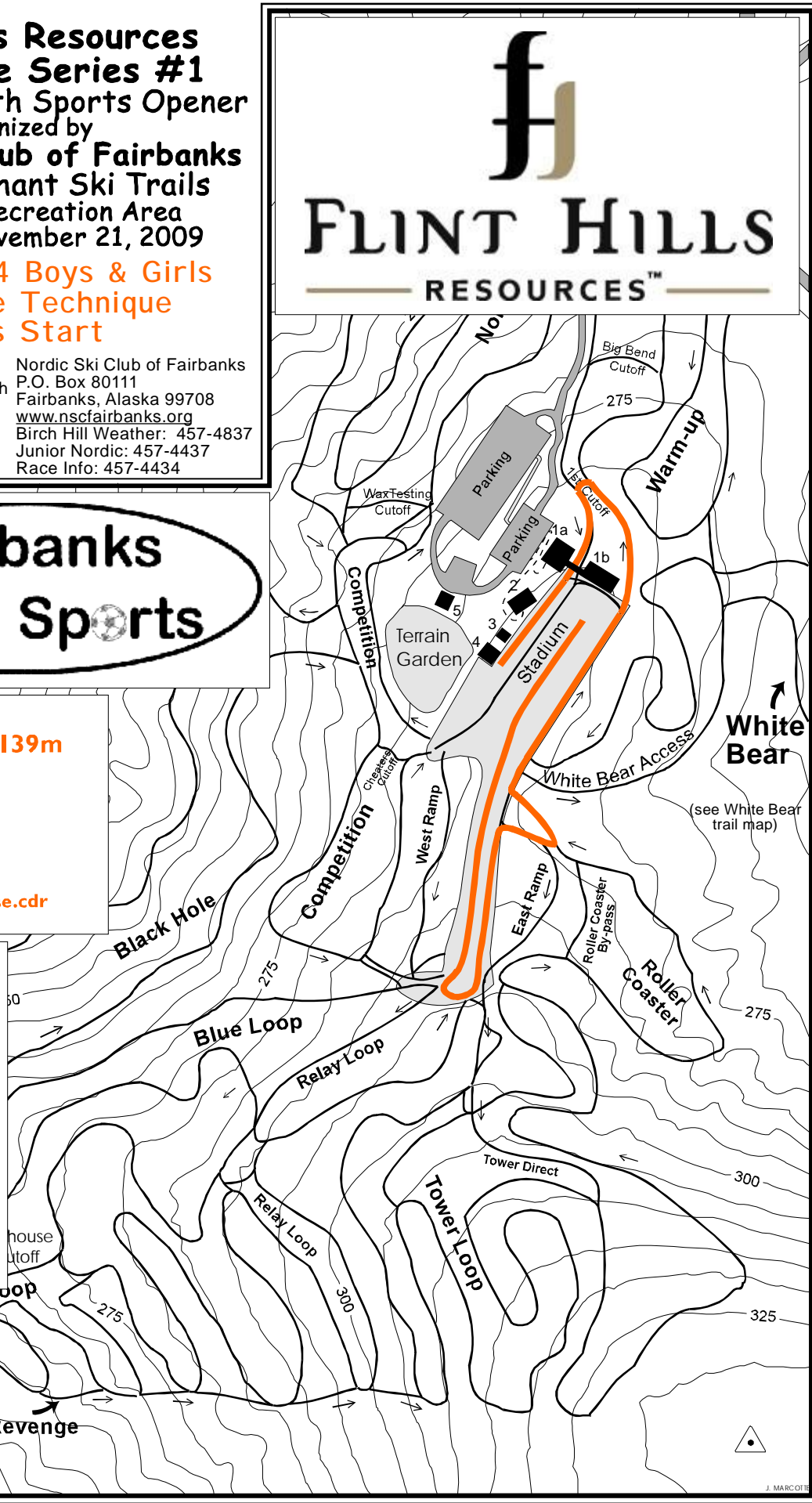
**Flint Hills Resources
Town Race Series #1**
Fairbanks Youth Sports Opener
Organized by
Nordic Ski Club of Fairbanks
Jim Whisenant Ski Trails
Birch Hill Recreation Area
Saturday, November 21, 2009
Grade 3 & 4 Boys & Girls
1km Free Technique
Mass Start

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Fairbanks North Star Borough
Parks and Recreation Dept.
P.O. Box 71267
Fairbanks, Alaska 99707
(907) 459-1070

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Fairbanks, Alaska 99708
www.nscfairbanks.org
Birch Hill Weather: 457-4837
Junior Nordic: 457-4437
Race Info: 457-4434



Orange Course
Measured Dist: 1139m
HD = 14m
TC = 16m
MC = 10m
M/Km = 13.6
Filename:
2009-11-21-010k-course.cdr





Flint Hills Resources
Town Race Series
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Fairbanks Youth Sports
organized by NSC Fairbanks
Grade 3 & 4 Boys & Girls
1km Free Technique
Mass-Start
November 21, 2009
Jim Whisenant Ski Trails
Birch Hill Park Recreation Area
Fairbanks, Alaska



11/10/2009

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Grade 3-4 Girls and Boys 1km Free Technique

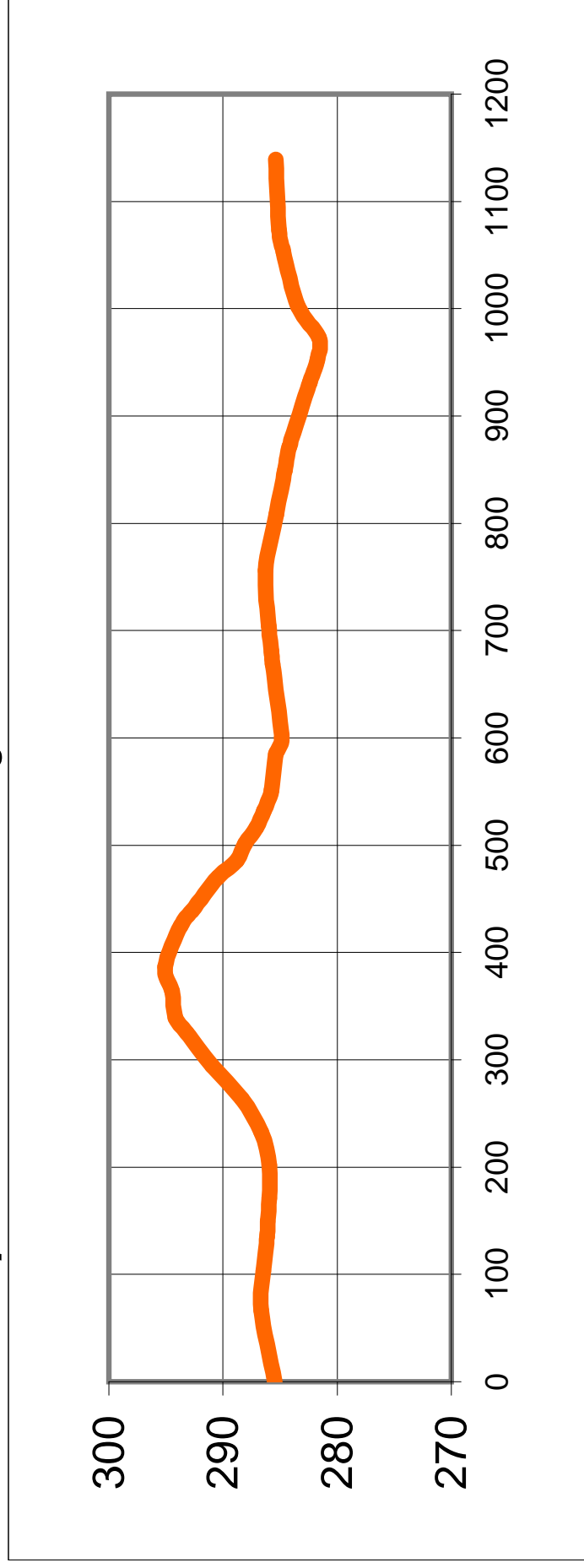
Measured Length 1139 m **Height Difference (HD):** 14 m

High Point 295 m **Total Climb (TC):** 16 m

Low Point 282 m **Maximum Climb (MC):** 10 m

FIS Spec Ranges: HD:30m, MC:60m, TC min:0m/TC max:60m

Climb per km: 13.6m - FIS range climb/km: 0.0m - 60.0m



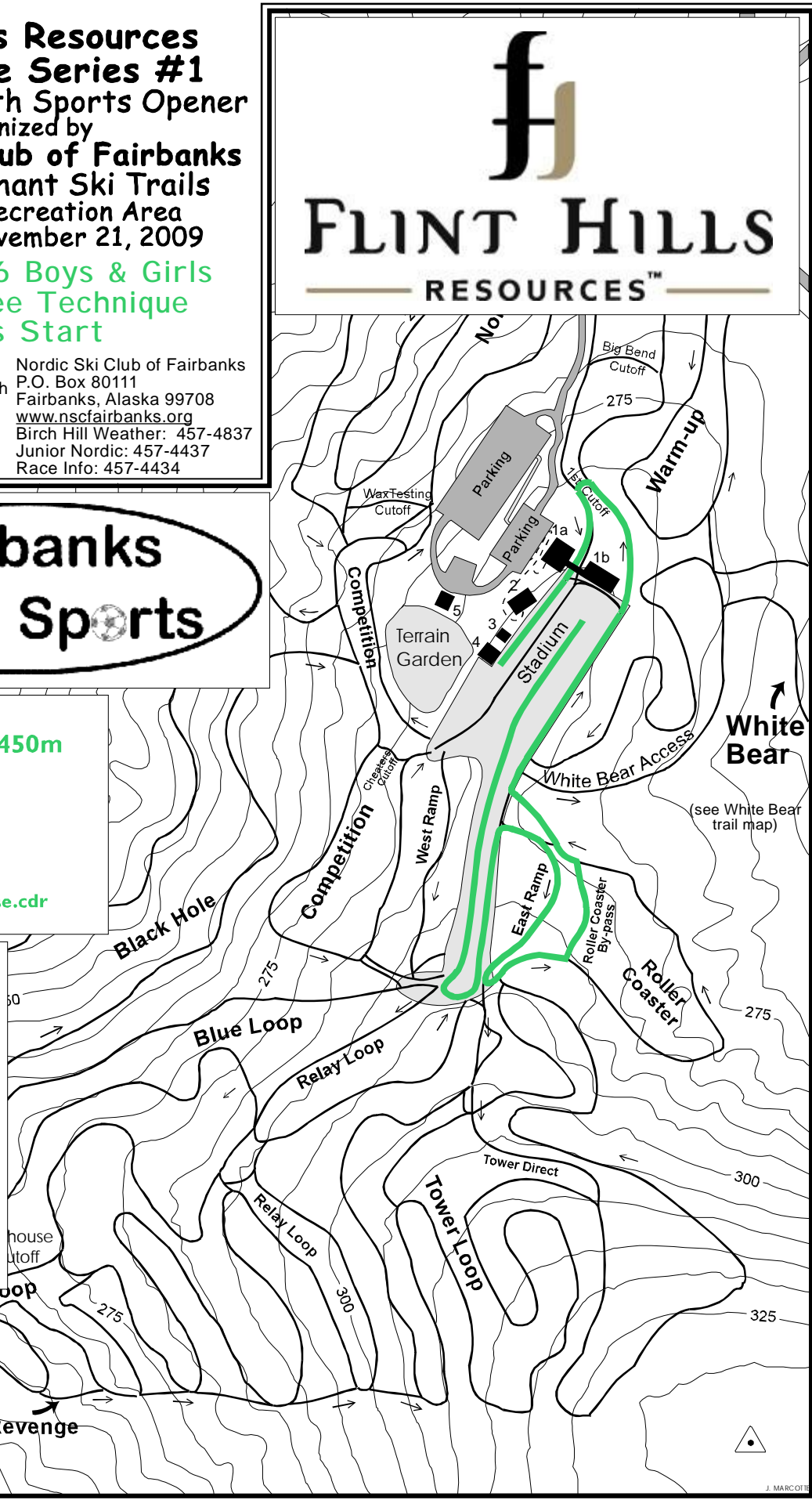
**Flint Hills Resources
Town Race Series #1**
Fairbanks Youth Sports Opener
Organized by
Nordic Ski Club of Fairbanks
Jim Whisenant Ski Trails
Birch Hill Recreation Area
Saturday, November 21, 2009
Grade 5 & 6 Boys & Girls
1.5km Free Technique
Mass Start

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Fairbanks North Star Borough
Parks and Recreation Dept.
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Fairbanks, Alaska 99707
(907) 459-1070

Nordic Ski Club of Fairbanks
P.O. Box 80111
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www.nscfairbanks.org
Birch Hill Weather: 457-4837
Junior Nordic: 457-4437
Race Info: 457-4434



Green Course
Measured Dist: 1450m
HD = 14m
TC = 25m
MC = 10m
M/Km = 17.5
Filename:
2009-11-21-015k-course.cdr





Flint Hills Resources
Town Race Series
presented by
Fairbanks Youth Sports
organized by NSC Fairbanks
Grade 5 & 6 Boys & Girls
1.5km Free Technique
Mass-Start
November 21, 2009
Jim Whisenant Ski Trails
Birch Hill Park Recreation Area
Fairbanks, Alaska



11/10/2009

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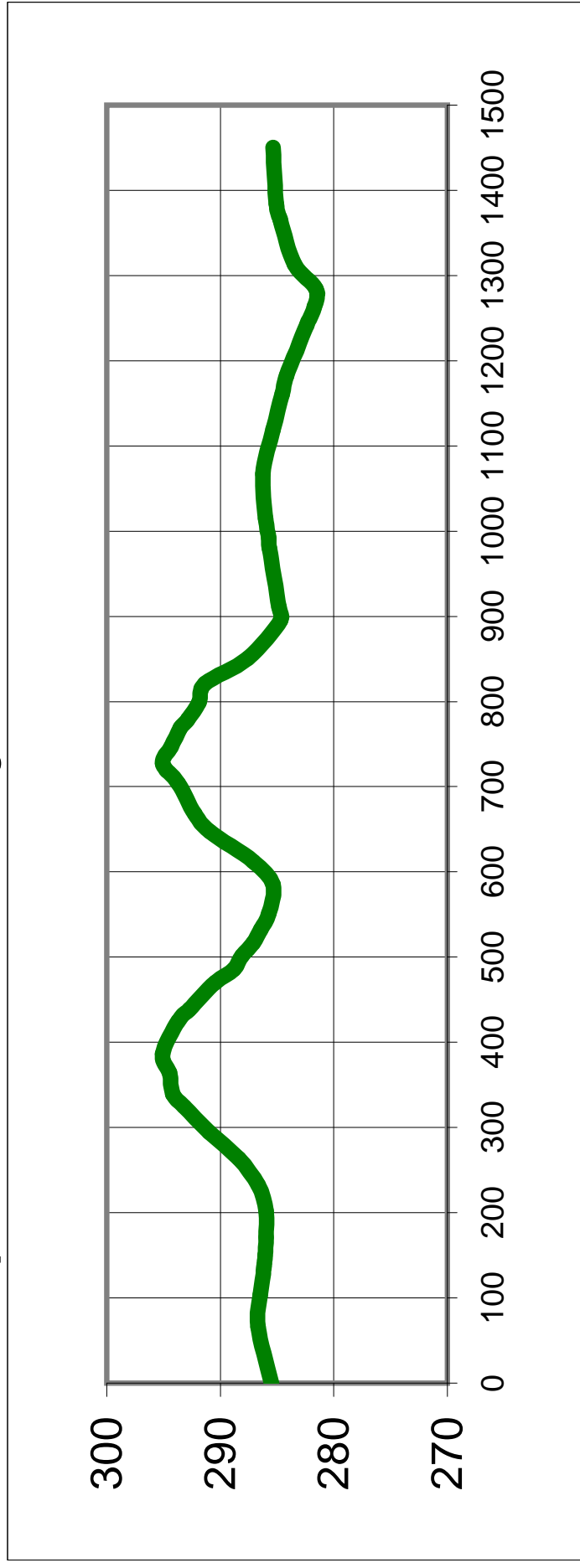
11:22 AM

Grade 5-6 Girls and Boys 1.5km Free Technique

Measured Length 1450 m **Height Difference (HD):** 14 m
High Point 295 m **Total Climb (TC):** 25 m
Low Point 282 m **Maximum Climb (MC):** 10 m

FIS Spec Ranges: HD:30m, MC:60m, TC min:0m/TC max:60m

Climb per km: 17.5m - FIS range climb/km: 0.0m - 60.0m



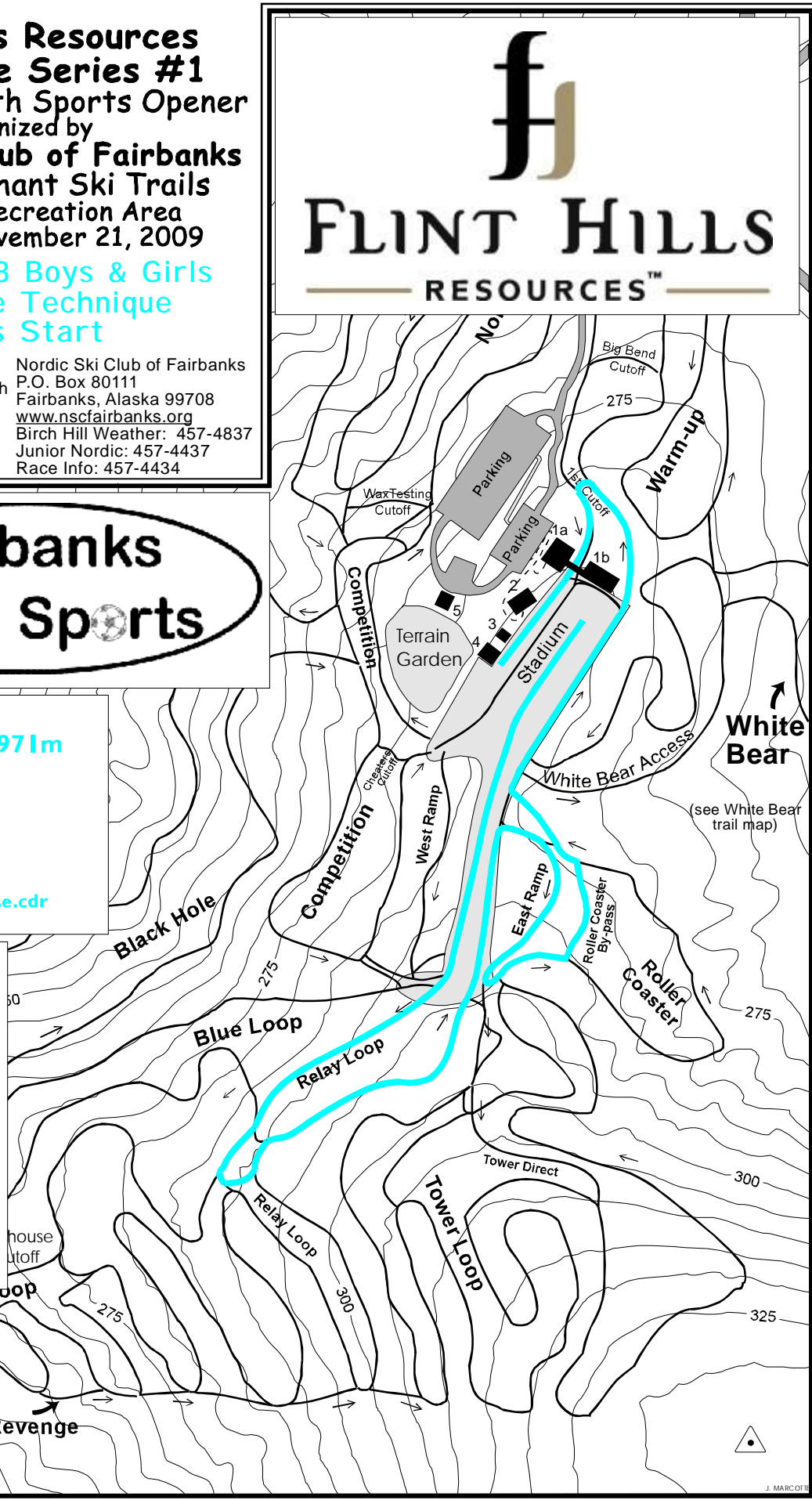
**Flint Hills Resources
Town Race Series #1**
Fairbanks Youth Sports Opener
Organized by
Nordic Ski Club of Fairbanks
Jim Whisenant Ski Trails
Birch Hill Recreation Area
Saturday, November 21, 2009
Grade 7 & 8 Boys & Girls
2km Free Technique
Mass Start

Birch Hill Recreation Area
Fairbanks North Star Borough
Parks and Recreation Dept.
P.O. Box 71267
Fairbanks, Alaska 99707
(907) 459-1070

Nordic Ski Club of Fairbanks
P.O. Box 80111
Fairbanks, Alaska 99708
www.nscfairbanks.org
Birch Hill Weather: 457-4837
Junior Nordic: 457-4437
Race Info: 457-4434



Blue Course
Measured Dist: 1971m
HD = 18m
TC = 36m
MC = 11m
M/Km = 18.3
Filename:
2009-11-21-020k-course.cdr





**NORDIC
SKI CLUB**



FAIRBANKS

**Flint Hills Resources
Town Race Series #1**
presented by
Fairbanks Youth Sports
organized by NSC Fairbanks
Junior High Boys & Girls
2km Free Technique
Mass-Start
November 21, 2009
Jim Whisenant Ski Trails
Birch Hill Park Rec. Area
Fairbanks, Alaska



11/10/2009

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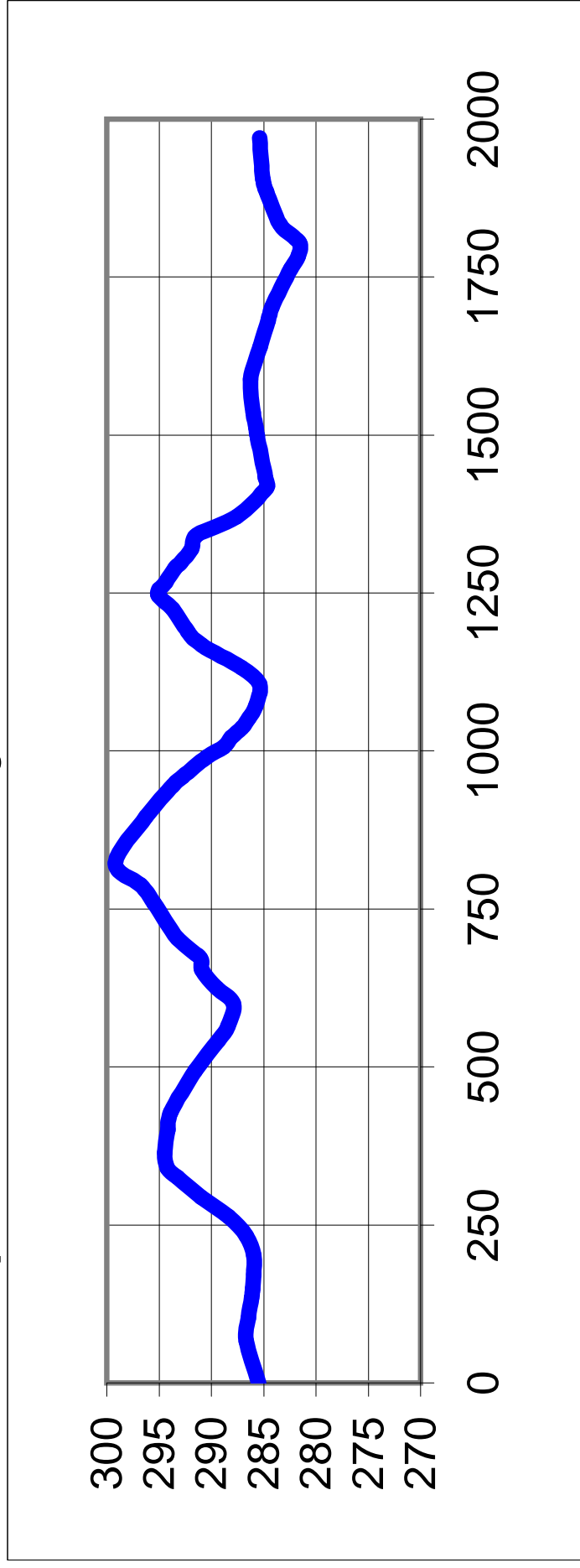
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Grade 7-8 Girls and Boys 2km Free Technique

Measured Length 1971 m **Height Difference (HD):** 18 m
High Point 299 m **Total Climb (TC):** 36 m
Low Point 282 m **Maximum Climb (MC):** 11 m

FIS Spec Ranges: HD:30m, MC:60m, TC min:0m/TC max:60m

Climb per km: 18.3m - FIS range climb/km: 0.0m - 60.0m



Flint Hills Resources

Town Series #1

Fairbanks Youth Sports Opener
 organized by Nordic Ski Club Fairbanks
Saturday, November 21, 2009

Jim Whisenant Ski Trails
 Birch Hill Park Rec. Area, Fairbanks, Alaska

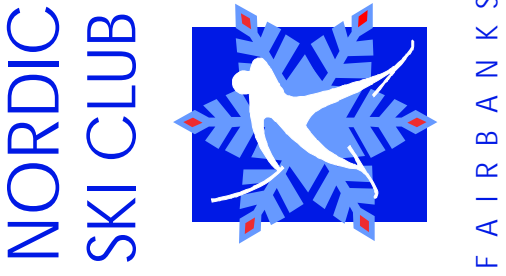
HS & Adult Women
5.0km Free Technique
Mass-Start
Red Course

Technical Information:
 Measured Length: 5838m
 Height Difference (HD): 52m
 Total Climb (TC): 170m
 Maximum Climb (MC): 31m
 Climb per Km: 29.2m/km

Competition Committee:
 Chief of Competition: John Estle
 Chief of Course: Tom Helmers
 Chief of Stadium: Dave Murray,
 Bob Wilkinson, Susan Faulkner
 Chief of Timing: Carol Haas



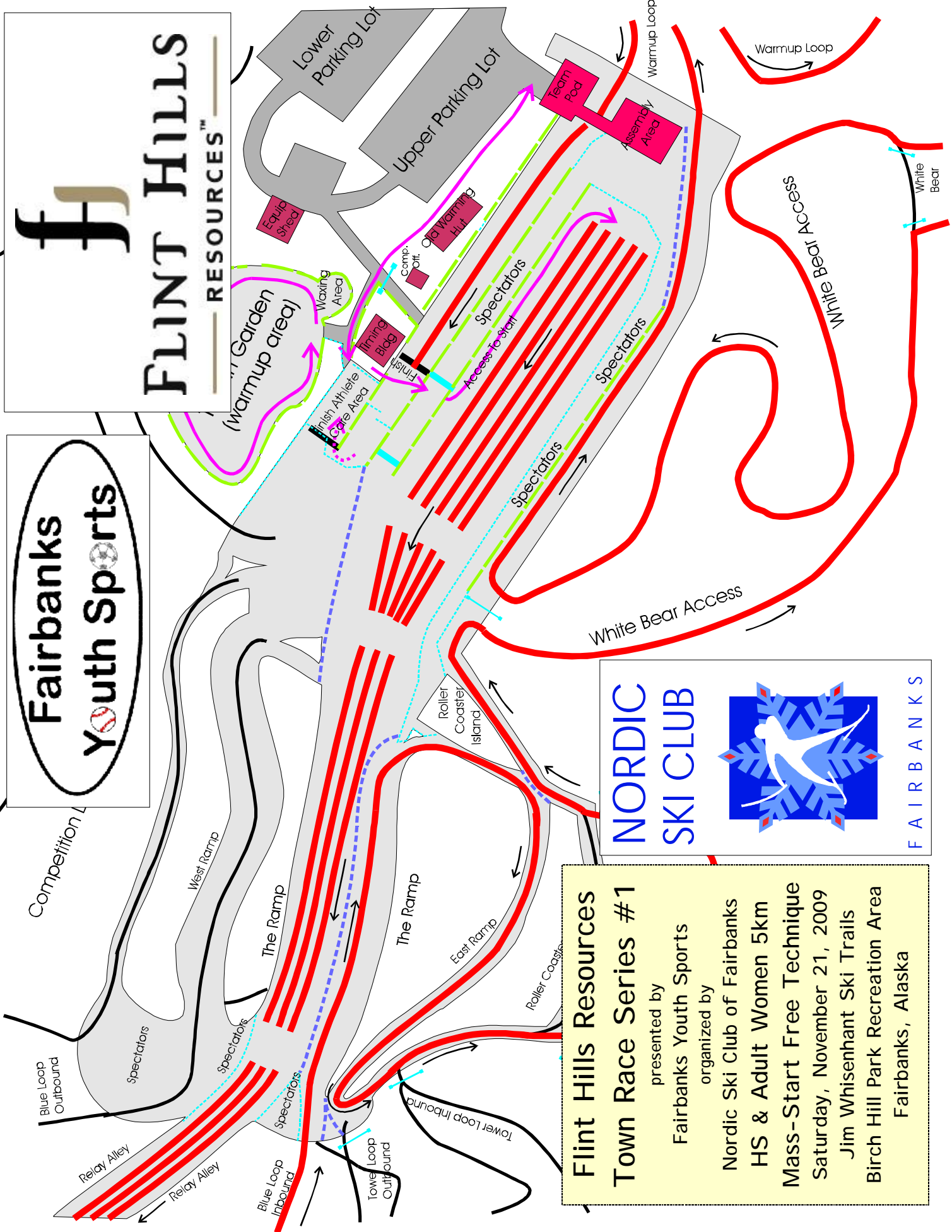
Nordic Ski Club of Fairbanks
 PO Box 80111
 Fairbanks, AK 99708
 NSCF Office: 907-474-4242
 NSCF Office Fax: 907-474-2073
 Birch Hill Weather: 907-457-4837
 Race Hotline: 907-457-4434
 Junior Nordic Hotline: 907-457-4437
 e-mail: nordic@ptialaska.net
 web: www.nscfairbanks.net



**Flint Hills Resources
Town Race Series #1**

presented by
Fairbanks Youth Sports

organized by
Nordic Ski Club of Fairbanks
HS & Adult Women 5km
Mass-Start Free Technique
Saturday, November 21, 2009
Jim Whisenant Ski Trails
Birch Hill Park Recreation Area
Fairbanks, Alaska



11/10/2009

trs1-09-11-21-050k

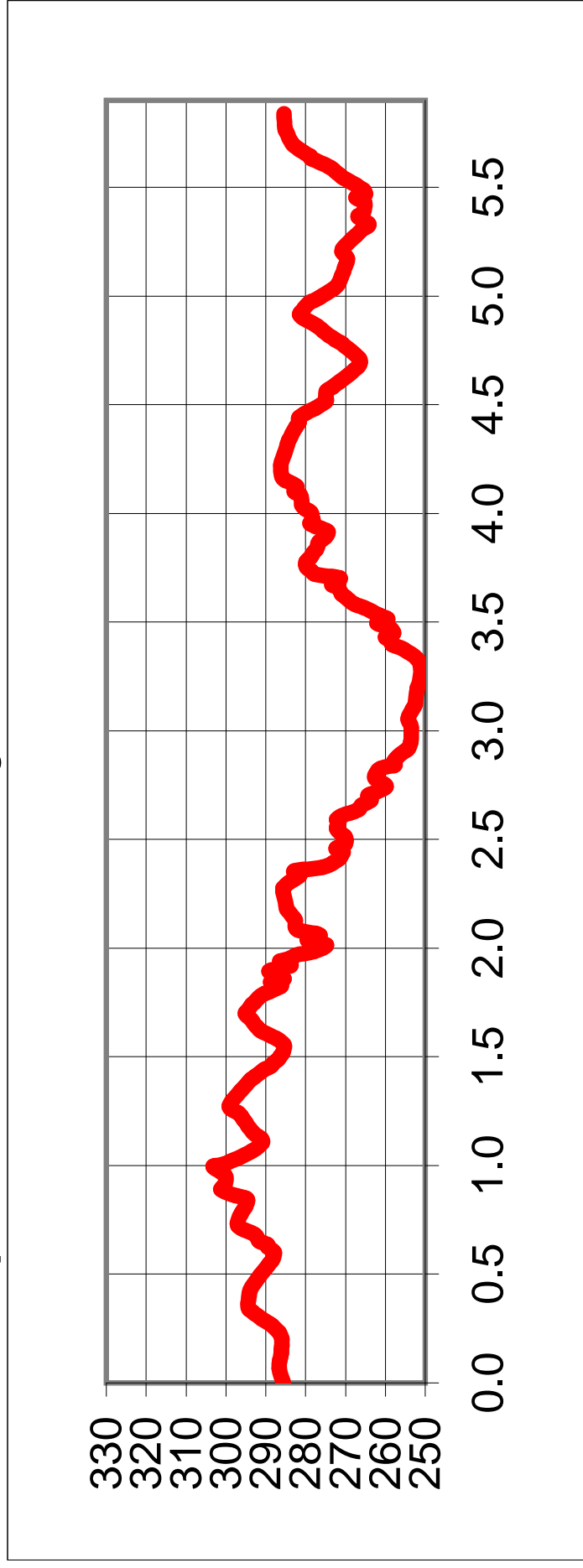
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HS & Adult Women 5km Free Technique

Measured Length 5838 m **Height Difference (HD):** 52 m
High Point 303 m **Total Climb (TC):** 170 m
Low Point 251 m **Maximum Climb (MC):** 31 m

FIS Spec Ranges: HD:100m, MC:50m, TC min:150m/TC max:210m

Climb per km: 29.2m - FIS range climb/km: 30.0m - 42.0m



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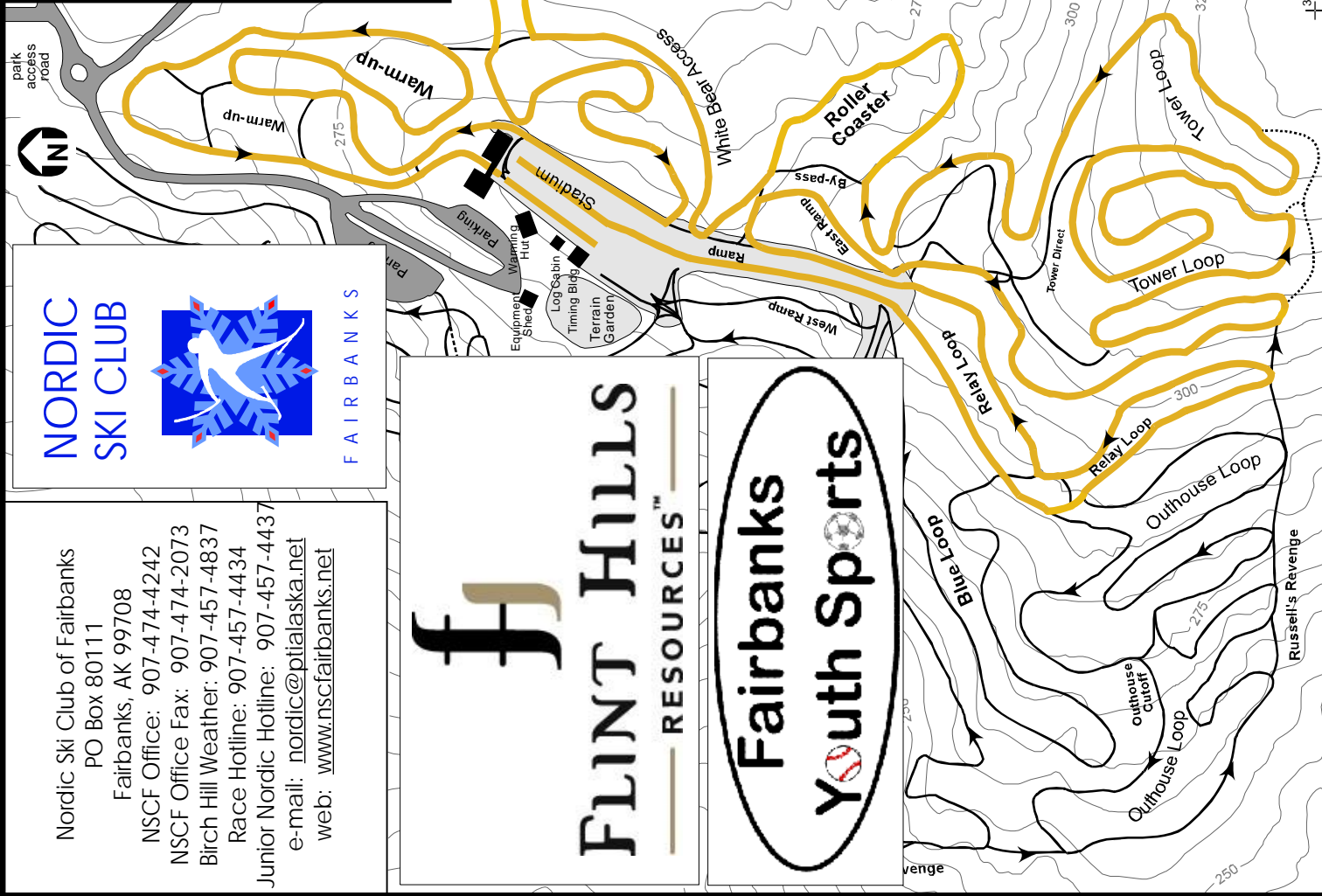
Jim Whisenant Ski Trails
 Birch Hill Park Rec. Area, Fairbanks, Alaska

HS & Adult Men
 7.5km Free Technique
 Mass-Start
 Gold Course

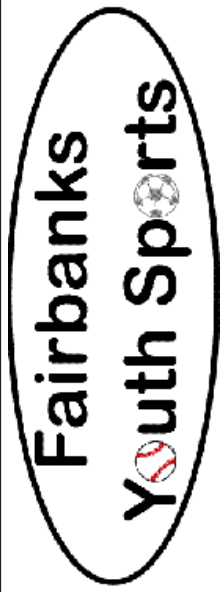
Technical Information:
 Measured Length: 8140m
 Height Difference (HD): 76m
 Total Climb (TC): 239m
 Maximum Climb (MC): 42m
 Climb per Km: 29.3m/km

Competition Committee:

- Chief of Competition: John Estle
- Chief of Course: Tom Helmers
- Chief of Stadium: Dave Murray
- Bob Wilkinson, Susan Faulkner
- Chief of Timing: Carol Haas



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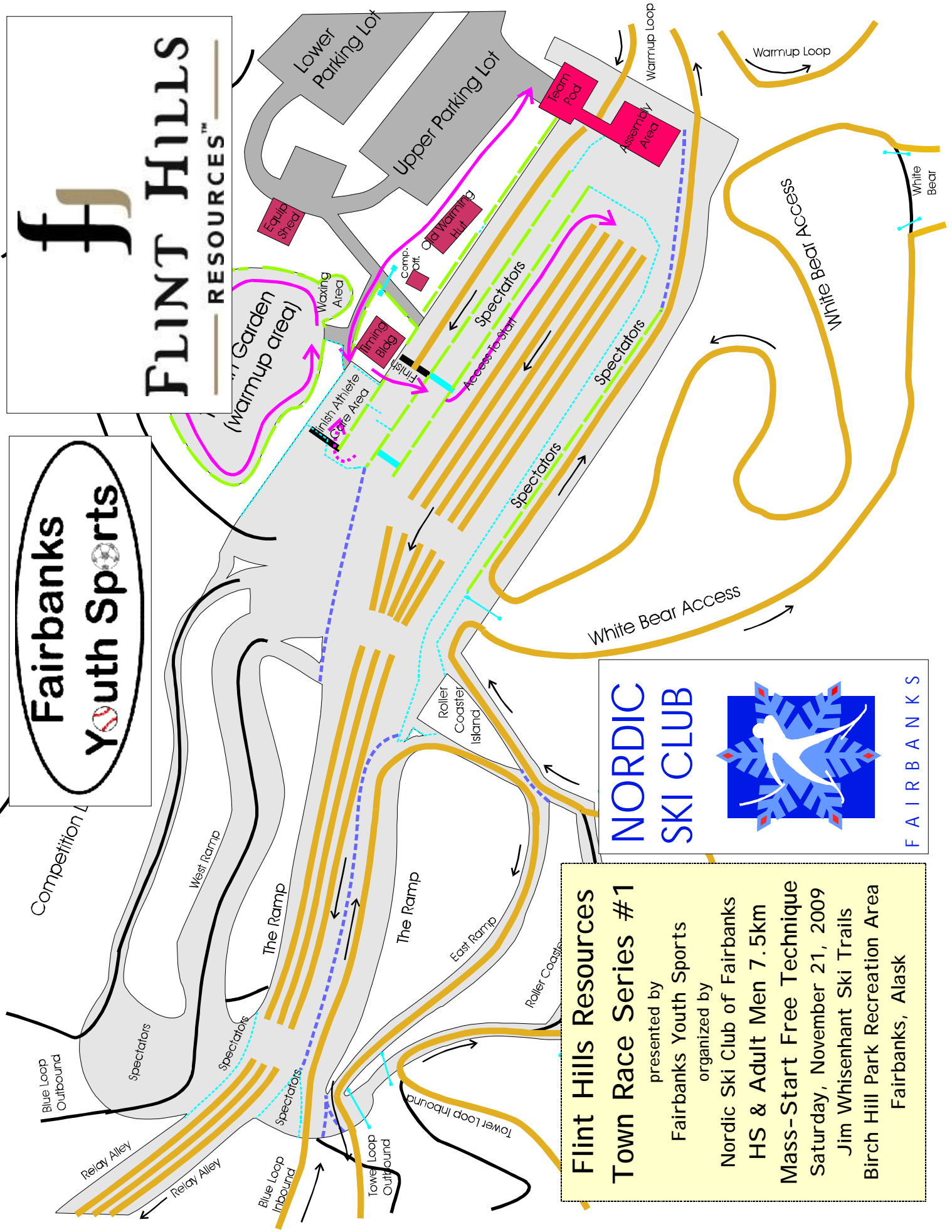


**NORDIC
SKI CLUB**



F A I R B A N K S

**Flint Hills Resources
Town Race Series #1**
 presented by
 Fairbanks Youth Sports
 organized by
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 HS & Adult Men 7.5km
 Mass-Start Free Technique
 Saturday, November 21, 2009
 Jim Whisenant Ski Trails
 Birch Hill Park Recreation Area
 Fairbanks, Alaska



11/10/2009

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11:23 AM

HS & Adult Men 7.5km Free Technique

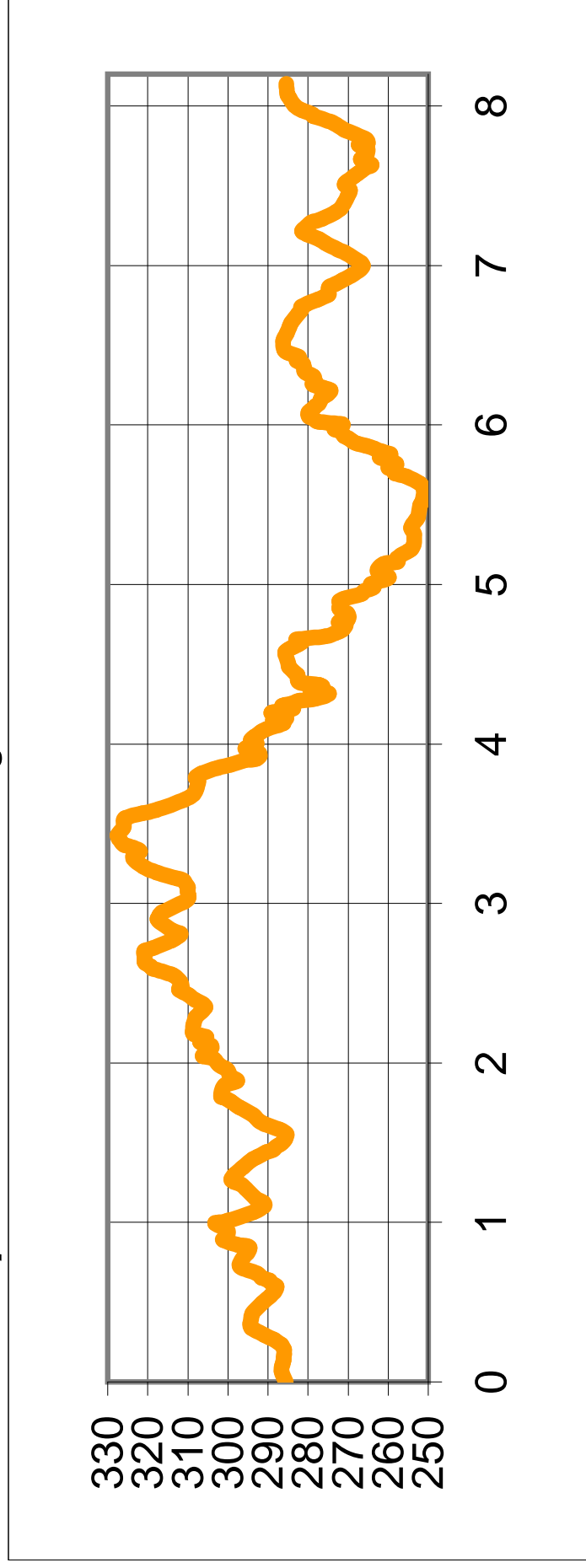
Measured Length 8140 m **Height Difference (HD):** 76 m

High Point 328 m **Total Climb (TC):** 239 m

Low Point 251 m **Maximum Climb (MC):** 42 m

FIS Spec Ranges: HD:125m, MC:65m, TC min:200m/TC max:315m

Climb per km: 29.3m - FIS range climb/km: 26.7m - 42.0m



Start Mesa and Lap/Finish Area Setup

Mass Start / Free Technique - Single Lap

