



2008 STEAMBOAT SKI MARATHON AT LAKE CATAMOUNT

Race format

10k Course will be a shorten version of the 22.5k course as described below
22.5K course 1 loop starting and finishing about 2k west of the Nordic Center west of County Road 18. All racers must ski to the race site.
45K course 2 loops of the 22.5k course

Start Time

9:00 AM for all Classic Skiers
9:20 AM for all Freestyle skiers

Aid Stations

2 aid stations will be on the course
1 located at the start / finish line and 1 located on the highest point of the course
Aid stations will have "Gatorade", Water, "Honey Stinger Gels" and snacks

Parking

Parking in front of the Nordic Center only
NO parking at the race site

Awards

1st place awards for all age finishers

Lunch

Lunch will be in the Lake house Restaurant next to the Nordic Center

Raffle

Post race raffle in the Club House