

# Mansfield Nordic Bill Koch Ski Race

SUNDAY, JANUARY 15

ETHAN ALLEN BIATHLON RANGE,  
JERICHO, Vermont

CLASSIC/FREESTYLE DUATHLON

(One classical leg, then one freestyle leg)

9:00-noon Nor-Am biathlon races, come watch top biathletes

12:00-12:45 Registration

1:00 Lollipopers, 1/2km CLASSIC ONLY

1:15 1st & 2nd grade .8 km 1 lap CLASSIC ONLY

1:30 J2 & J3/grade 7 & 8 4.8 km 6 laps (3 classic, 3 skate)

2:00 J4/grade 5 & 6 3.2 km 4 laps (2 classic, 2 skate)

2:30 J5/grade 3 & 4 1.6 km 2 laps (1 classic, 1 skate)

\*\*\* girls start 1 minute after the boys in each age group

3:00 SLING SHOT RELAYS

3:30 AWARDS, FOOD & HOT CHOCOLATE

\$3 entry fee

Details on this special race format & competition venue are below.

If you need more information... <http://mansfieldnordic.nensa.net/> or,  
[murray@murraybanks.com](mailto:murray@murraybanks.com)

## MORE DETAILS...

CLASSIC/FREESTYLE DUATHLON is an exciting race where skiers ski a fast classical technique leg, ski into the stadium transition area, change into skate skis, then ski another leg, skating. Most skiers use skate boots for both techniques to speed up transitions.

### THE COURSE

We have created a .8 km sprint-style, twisty-turny loop that is 100% visible; it laps through the stadium several times to provide excitement for spectators!

### AWARDS & REFRESHMENTS

Ribbons for every skier and Mansfield Nordic parents are renowned for their "high fiber, all protein" cookies and antioxidant hot chocolate!

### SLING SHOT RELAYS

Aren't actually relays, but they are the most exciting & fun skiing you will do... hint: it involves 2 skiers & 1 rope!

### THE RANGE

The Ethan Allen Biathlon Range in Jericho is a world-class training and racing facility run by the Vermont National Guard. The start/finish will occur in the stadium with excellent visibility for spectators. A large heated building will provide a warm place for changing & awards. **SPEED LIMIT ON POST IS 20 MPH**

### DIRECTIONS

Once through the gate at the Vermont Nat'l Guard base, go 1/2 mile then turn right on Essayons Road (just past "Red House" on the left); continue up a long hill to the end of road, approx 1 mile, to large parking lot on left. NOTE: In the Google Map link below, Essayons Road is labeled as West Hill Road. Please obey the posted base speed limit of 20 mph. There are many army personnel walking on the roads as well as army vehicles. Drivers caught on radar speeding will be asked to leave the base - They are very serious about this!

[http://maps.google.com/maps?f=q&source=s\\_q&hl=en&geocode=&q=West+Hill+Road,+Jericho,+Chittenden,+Vermont+05465&sll=44.471644,72.940979&sspn=0.017578,0.03931&ie=UTF8&hq=&hnear=W+Hill+Rd,+Jericho,+Chittenden,+Vermont+05465&z=14](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=West+Hill+Road,+Jericho,+Chittenden,+Vermont+05465&sll=44.471644,72.940979&sspn=0.017578,0.03931&ie=UTF8&hq=&hnear=W+Hill+Rd,+Jericho,+Chittenden,+Vermont+05465&z=14)