

**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

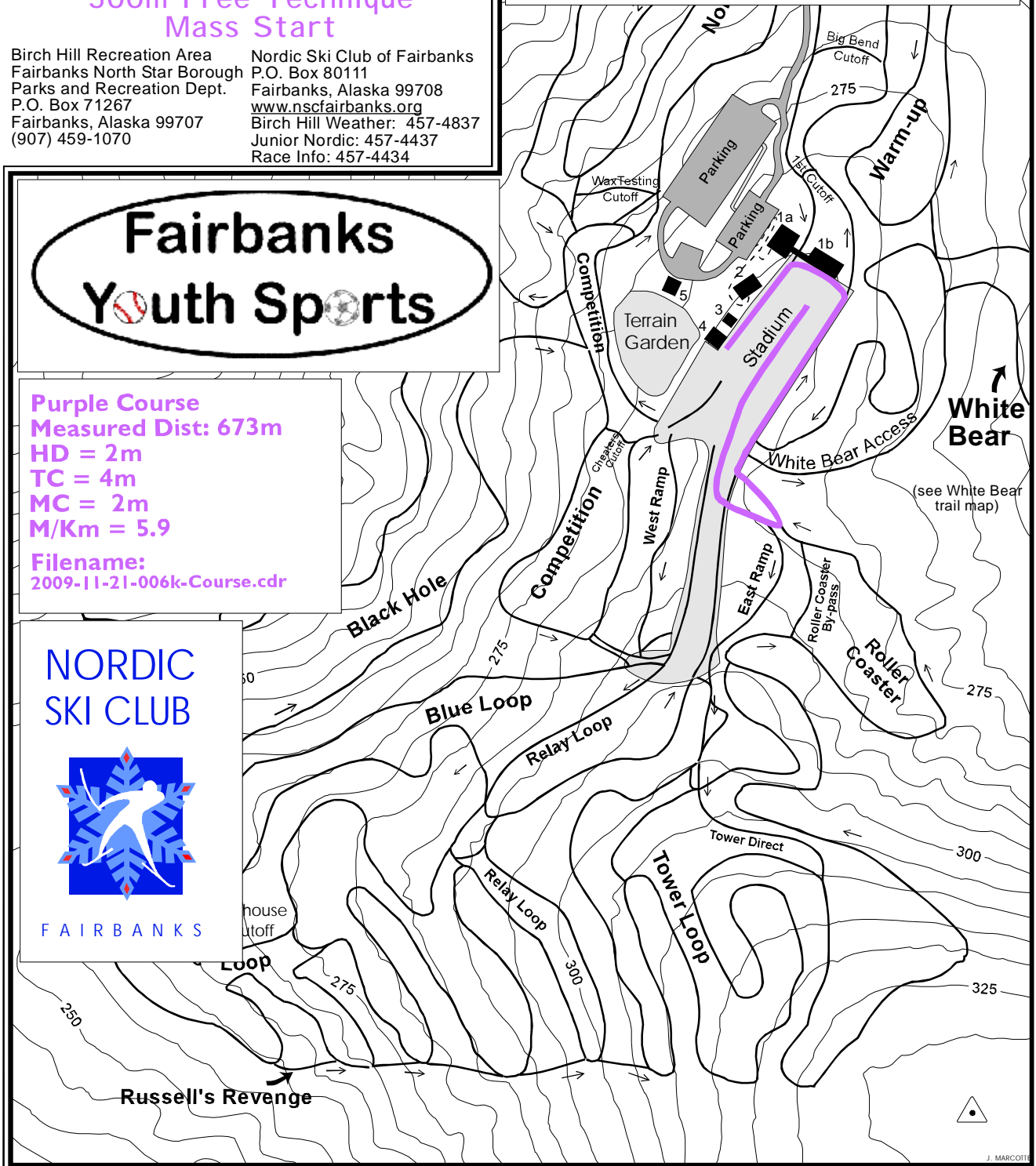
Grades K-1-2 Boys & Girls  
500m Free Technique  
Mass Start

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](http://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





**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



11/10/2009

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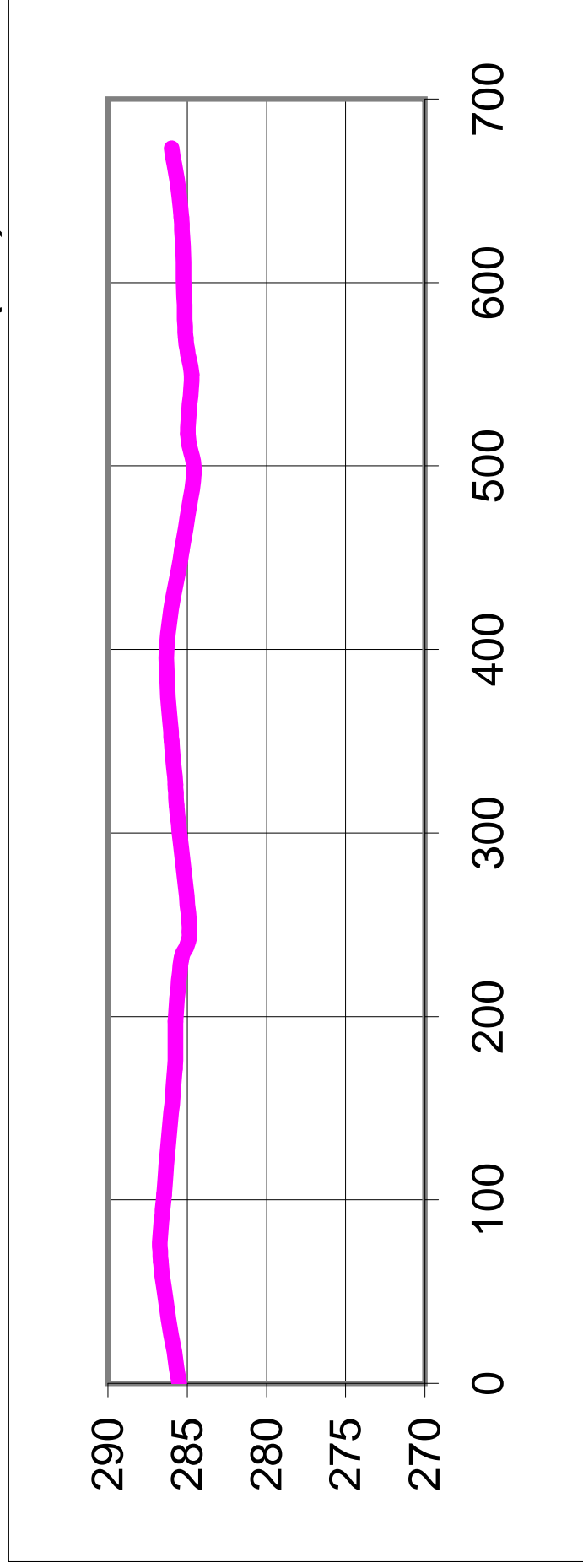
11:22 AM

## 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



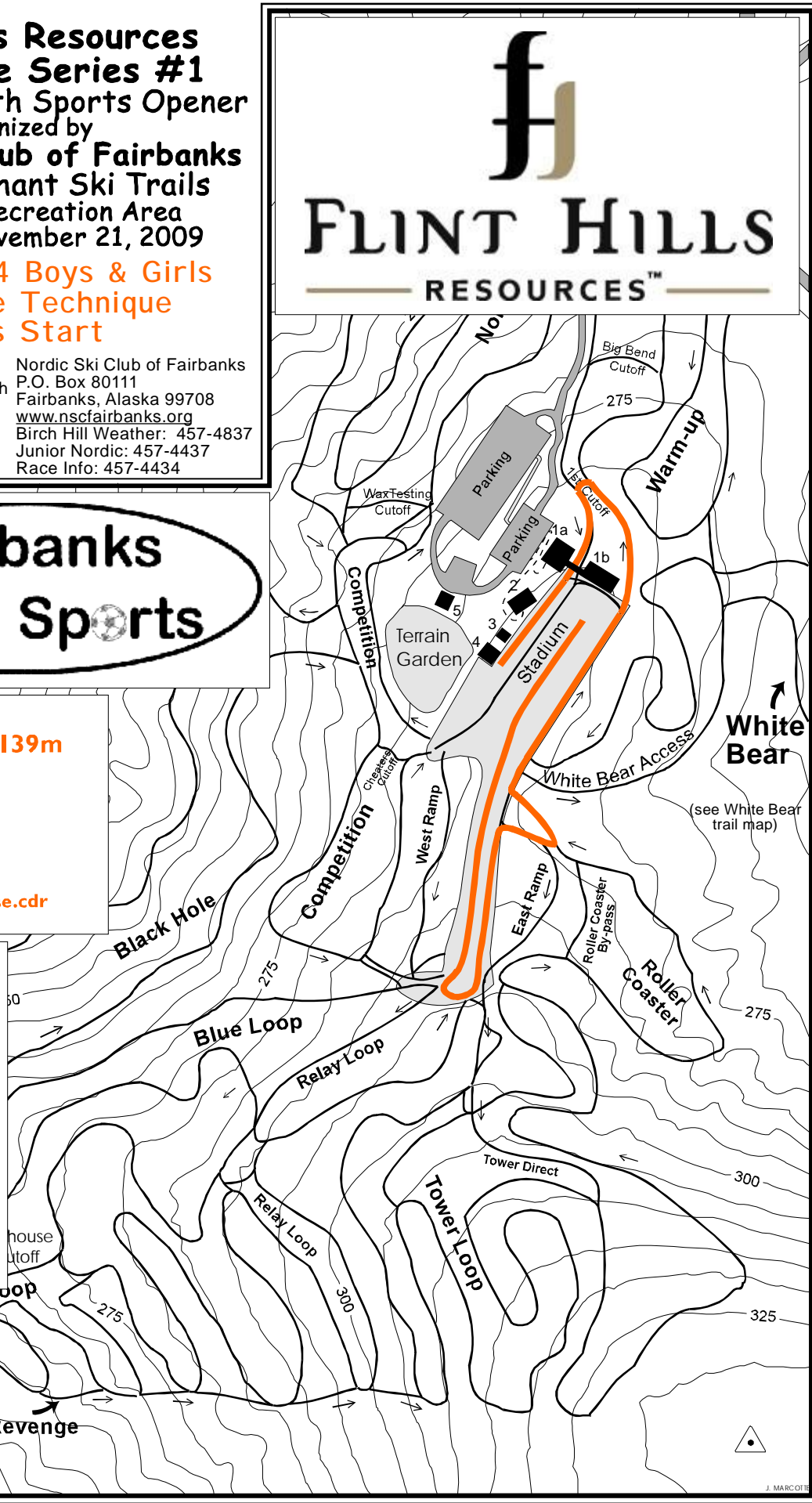
**Flint Hills Resources  
Town Race Series #1**  
Fairbanks Youth Sports Opener  
Organized by  
**Nordic Ski Club of Fairbanks**  
Jim Whisenant Ski Trails  
Birch Hill Recreation Area  
Saturday, November 21, 2009  
**Grade 3 & 4 Boys & Girls**  
**1km Free Technique**  
**Mass Start**

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](http://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**  
 presented by  
**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

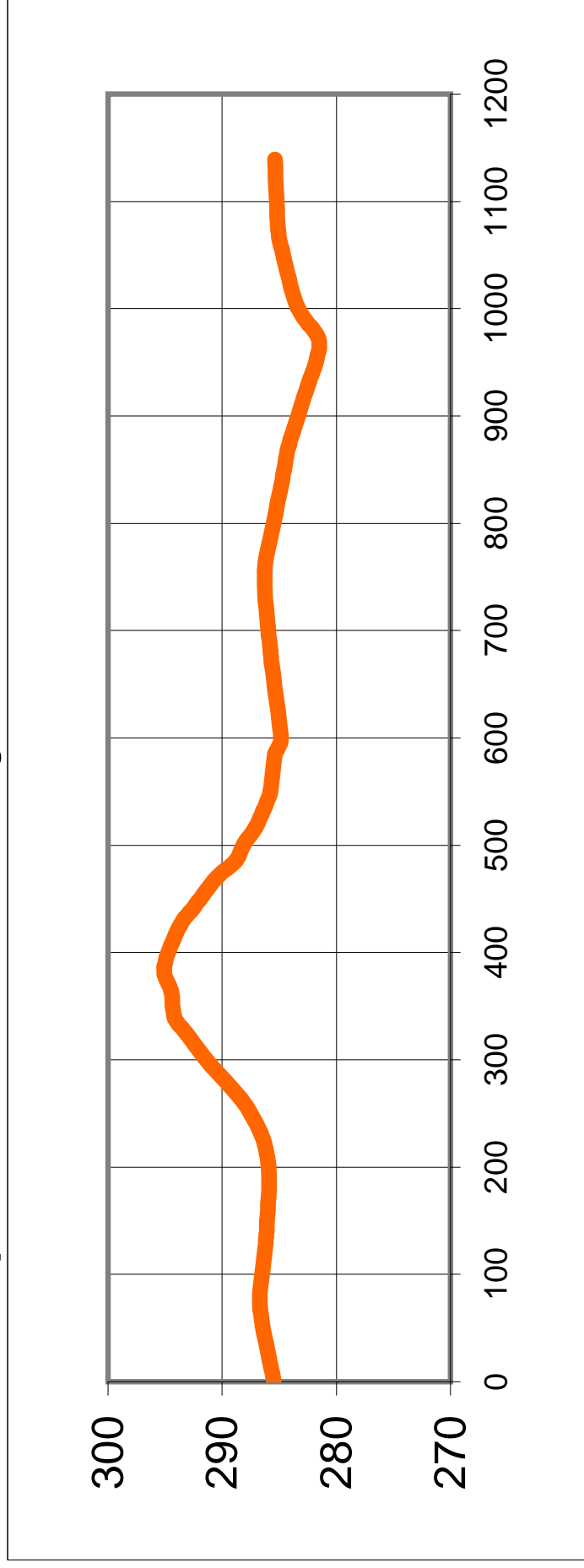
**Measured Length** 1139 m **Height Difference (HD):** 14 m

**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



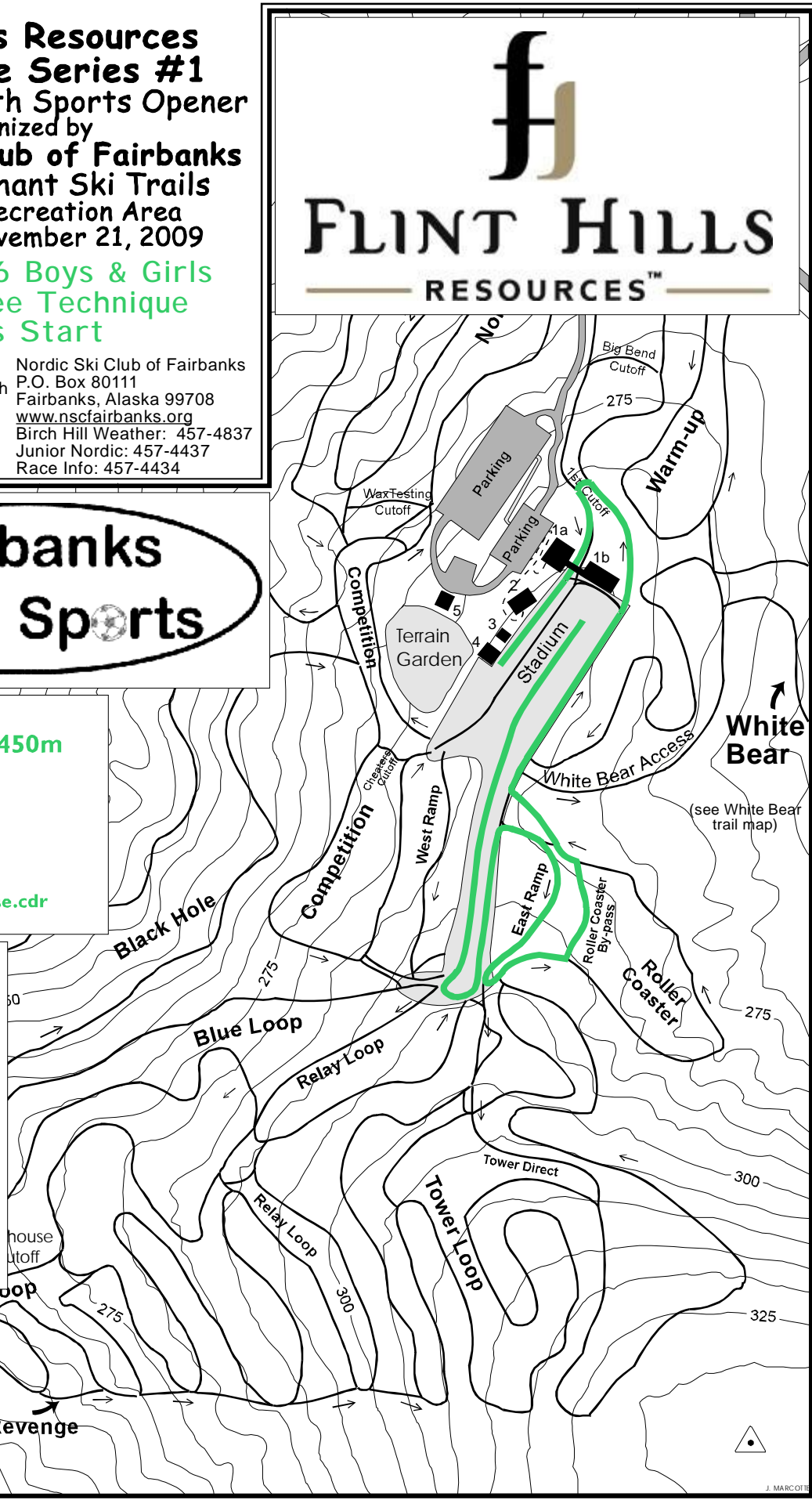
**Flint Hills Resources  
Town Race Series #1**  
Fairbanks Youth Sports Opener  
Organized by  
**Nordic Ski Club of Fairbanks**  
Jim Whisenant Ski Trails  
Birch Hill Recreation Area  
Saturday, November 21, 2009  
Grade 5 & 6 Boys & Girls  
1.5km Free Technique  
Mass Start

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](http://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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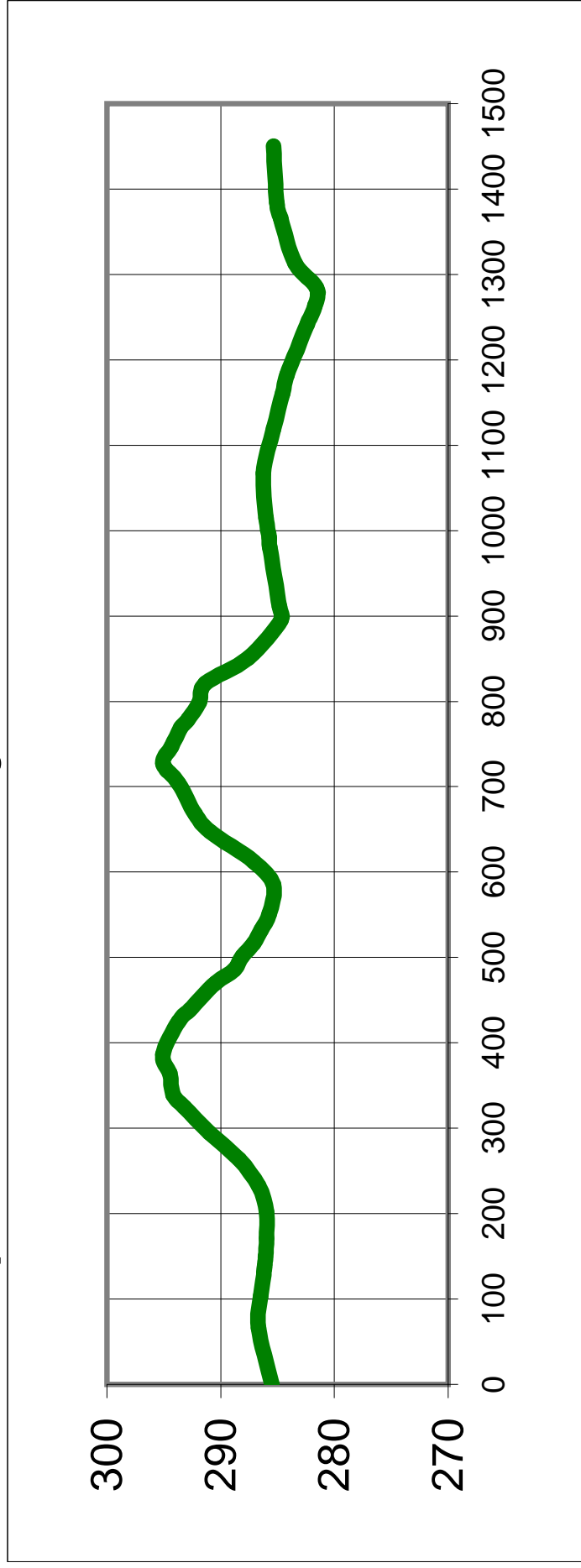
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## Grade 5-6 Girls and Boys 1.5km Free Technique

**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



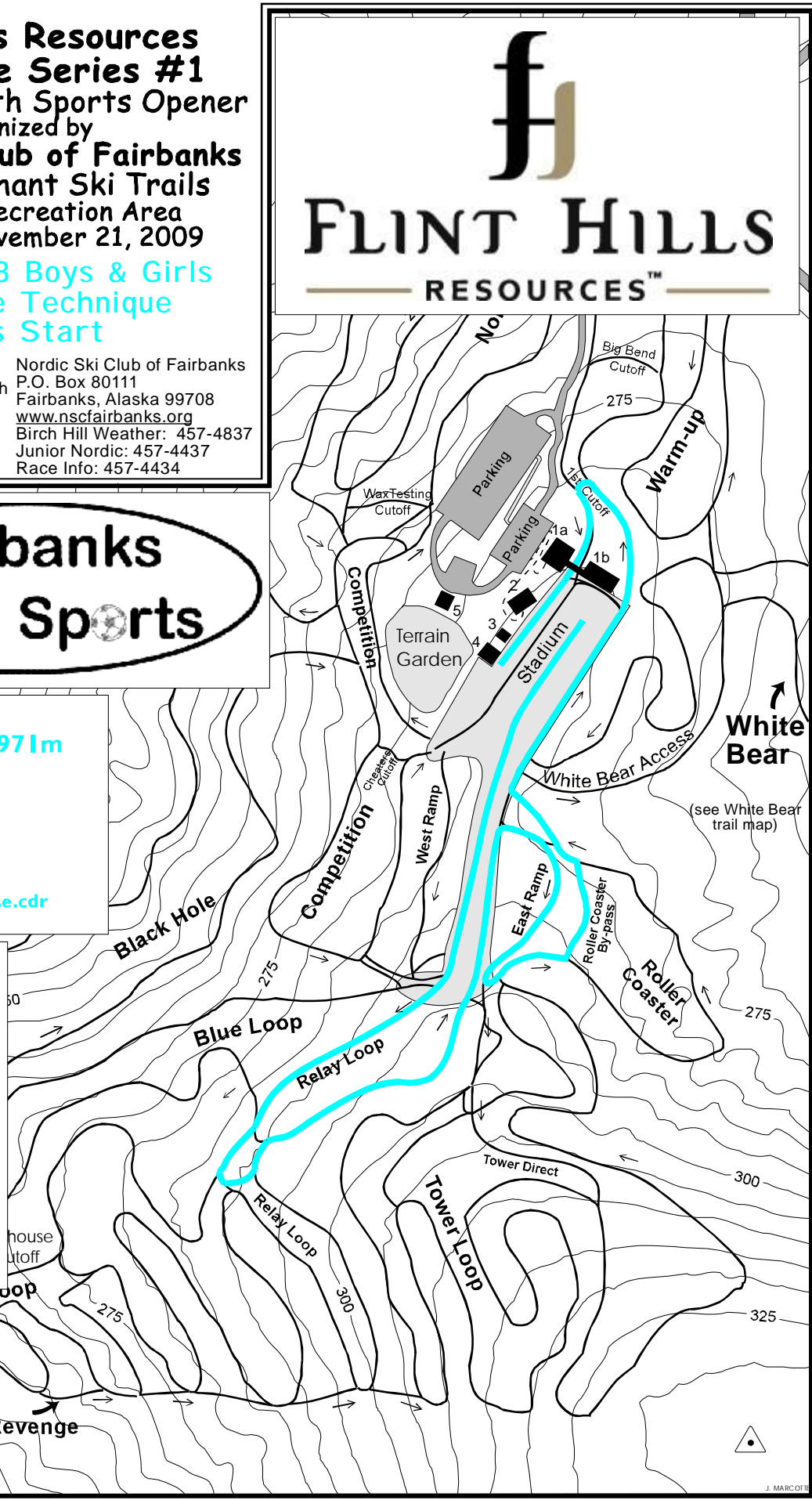
**Flint Hills Resources  
Town Race Series #1**  
Fairbanks Youth Sports Opener  
Organized by  
**Nordic Ski Club of Fairbanks**  
Jim Whisenant Ski Trails  
Birch Hill Recreation Area  
Saturday, November 21, 2009  
Grade 7 & 8 Boys & Girls  
2km Free Technique  
Mass Start

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](http://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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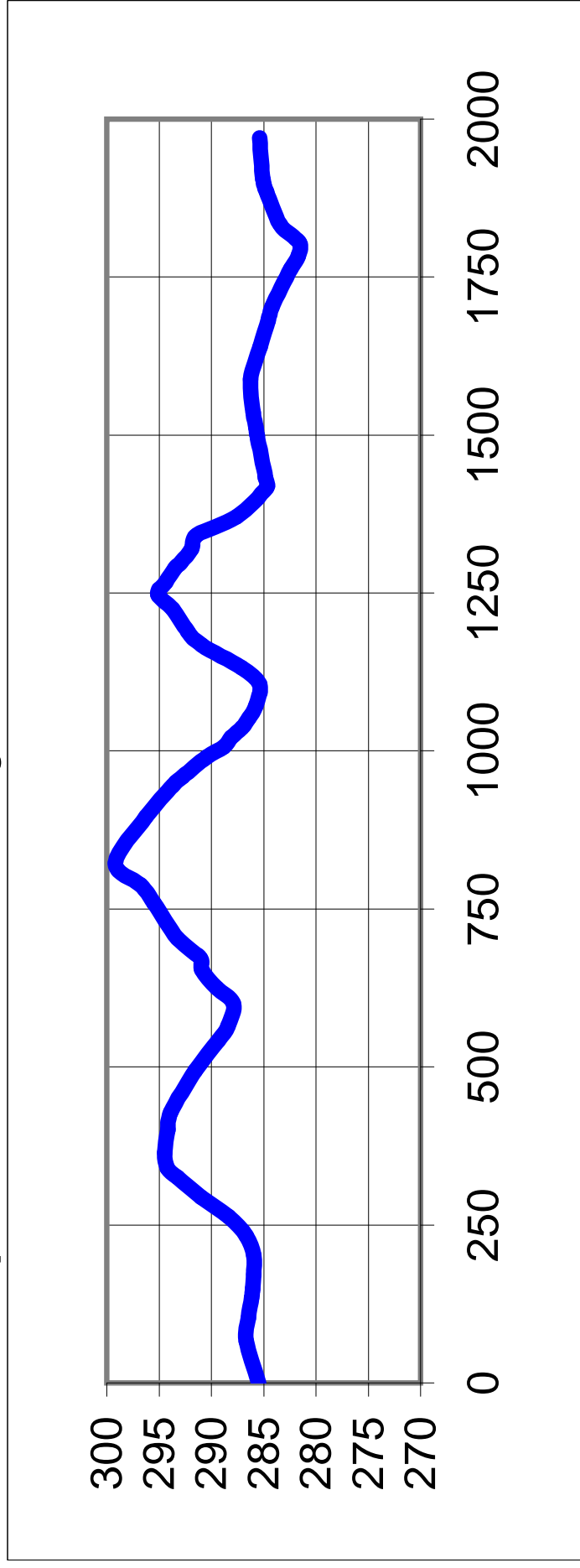
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## Grade 7-8 Girls and Boys 2km Free Technique

**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

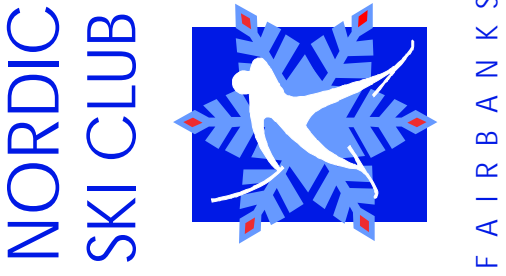


**NORDIC SKI CLUB**  
  
 FAIRBANKS

**FLINT HILLS**  
 RESOURCES™

**Fairbanks Youth Sports**

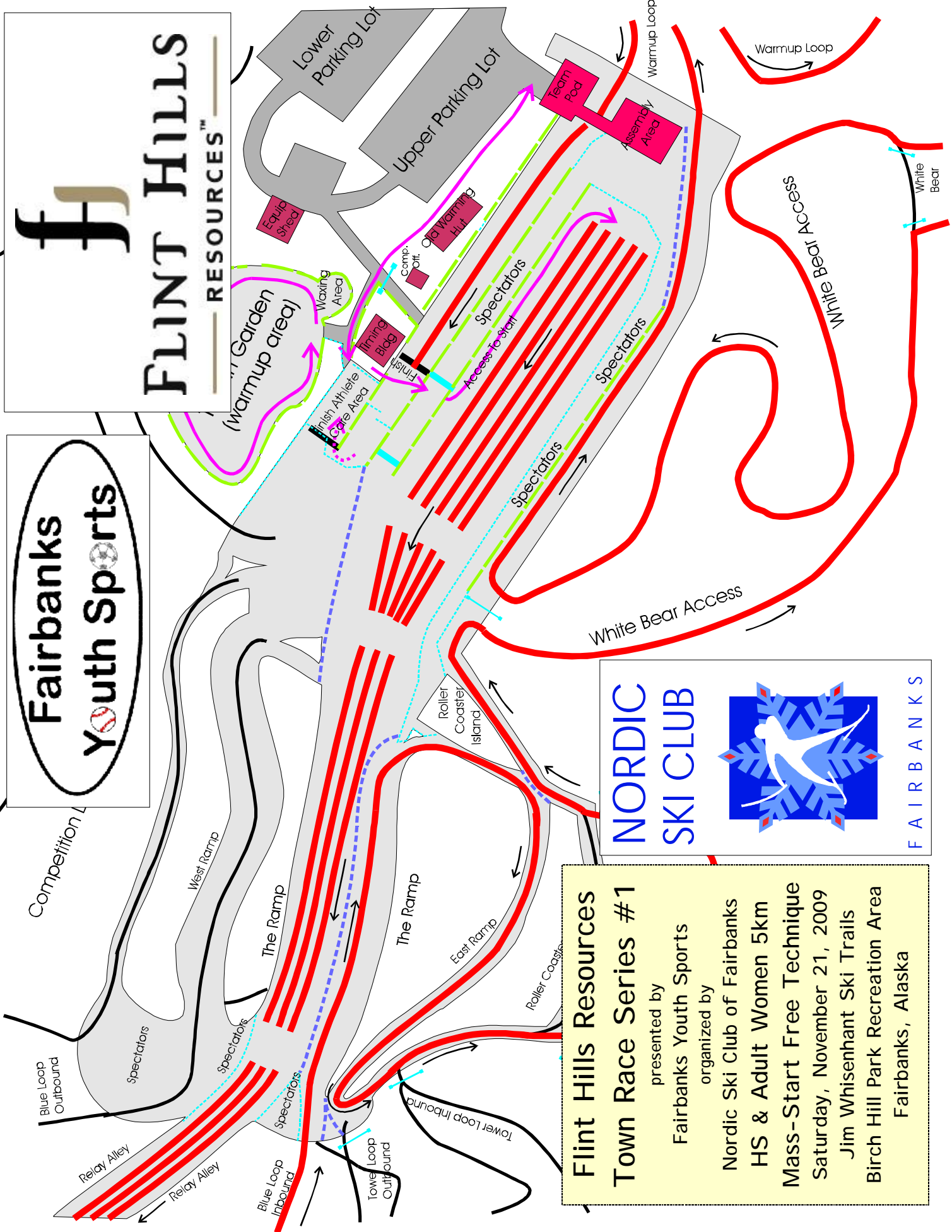
Nordic Ski Club of Fairbanks  
 PO Box 80111  
 Fairbanks, AK 99708  
 NSCF Office: 907-474-4242  
 NSCF Office Fax: 907-474-2073  
 Birch Hill Weather: 907-457-4837  
 Race Hotline: 907-457-4434  
 Junior Nordic Hotline: 907-457-4437  
 e-mail: [nordic@ptialaska.net](mailto:nordic@ptialaska.net)  
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

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## HS & Adult Women 5km Free Technique

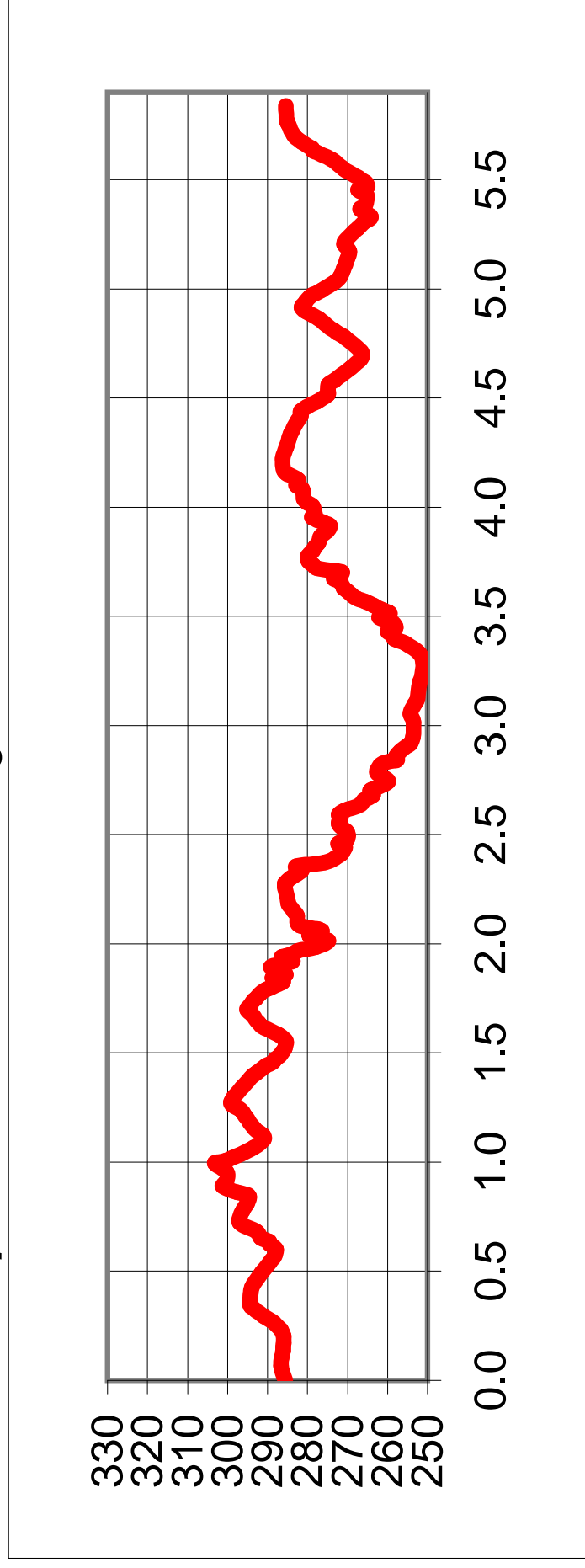
**Measured Length** 5838 m **Height Difference (HD):** 52 m

**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



# Flint Hills Resources

## Town Series #1

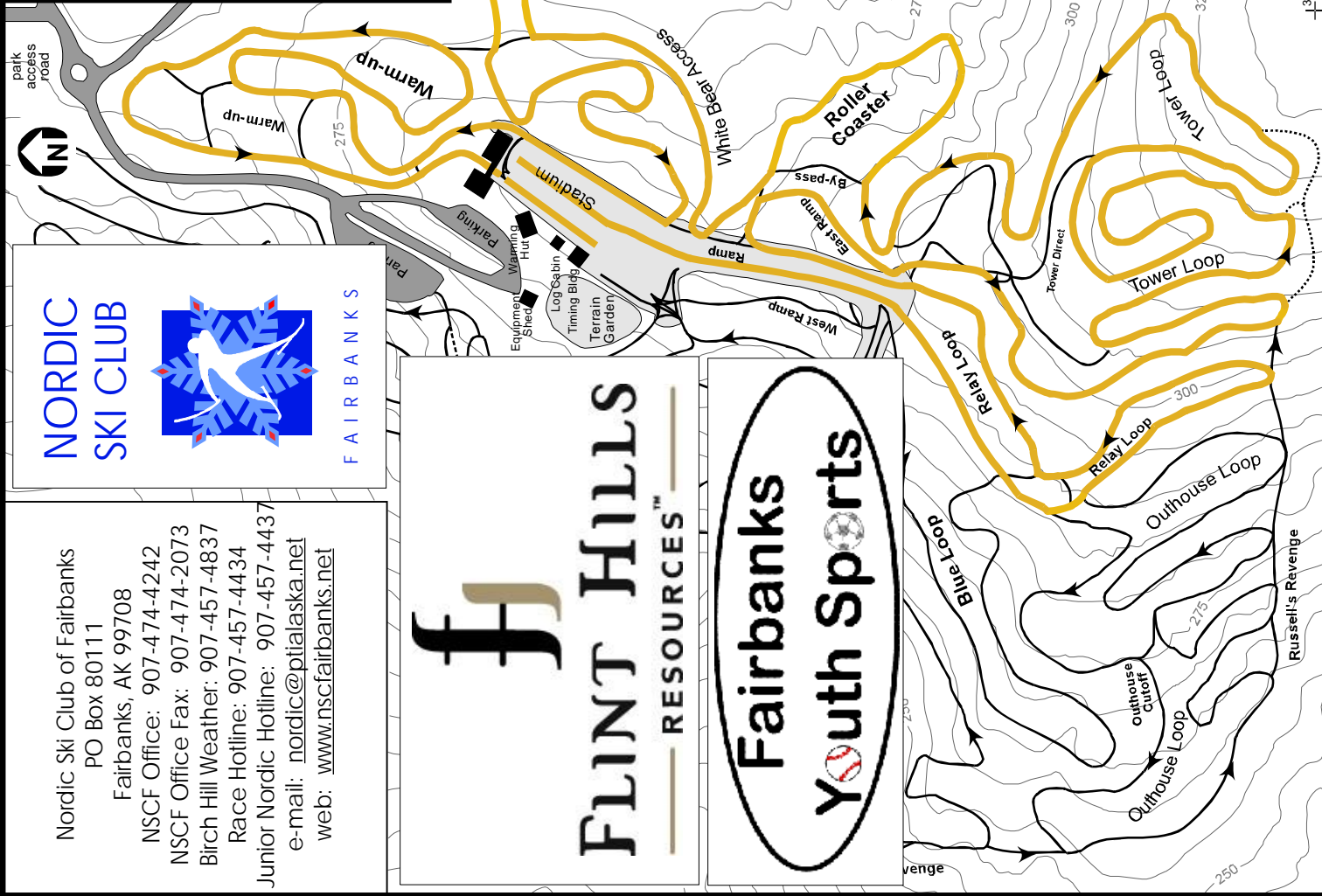
**Fairbanks Youth Sports Opener**  
 organized by Nordic Ski Club Fairbanks  
**Saturday, November 21, 2009**

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

HS & Adult 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



**NORDIC SKI CLUB**  
  
 FAIRBANKS

**FLINT HILLS**  
 RESOURCES™

**Fairbanks Youth Sports**

Nordic Ski Club of Fairbanks  
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 NSCF Office: 907-474-4242  
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 Race Hotline: 907-457-4434  
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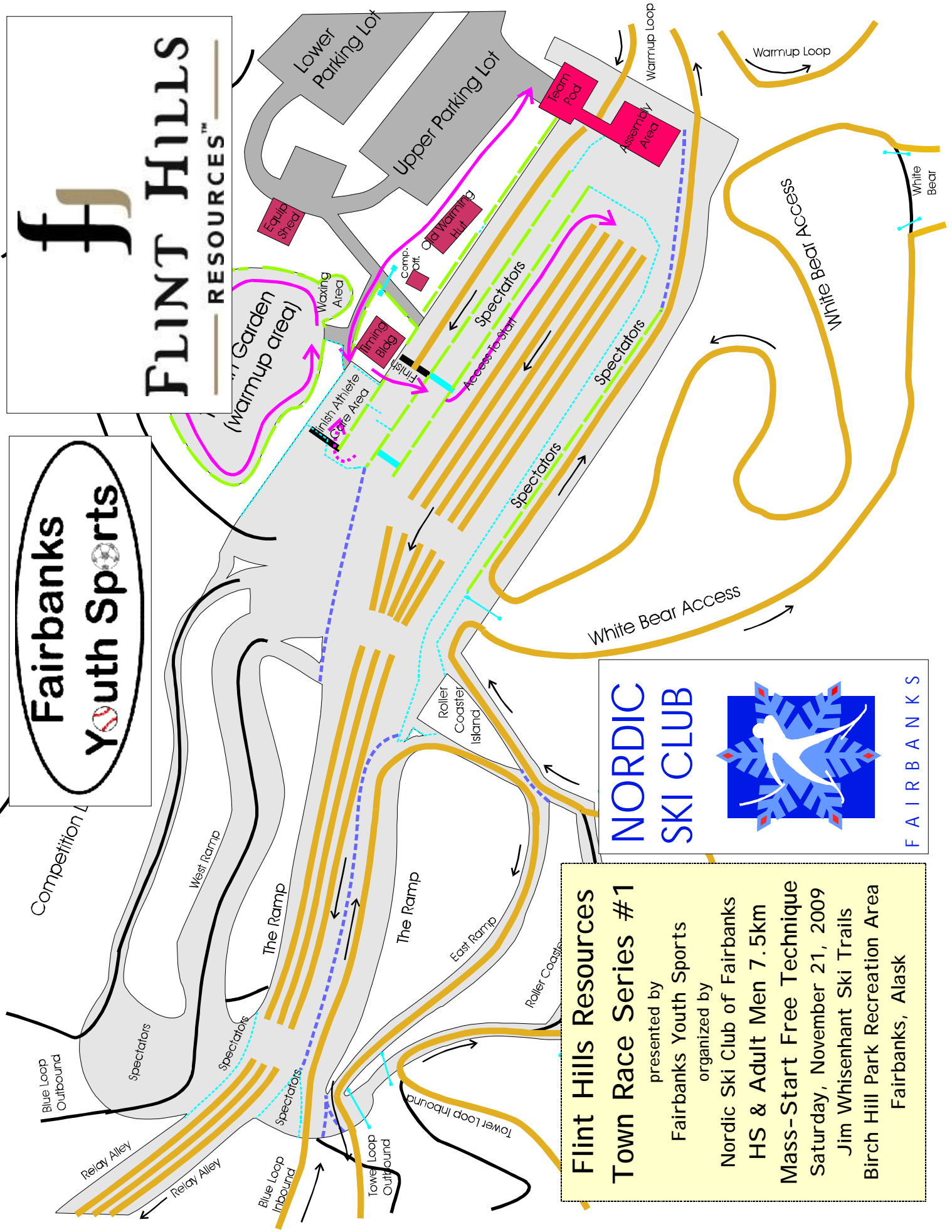


**NORDIC  
SKI CLUB**



F A I R B A N K S

**Flint Hills Resources  
Town Race Series #1**  
 presented by  
 Fairbanks Youth Sports  
 organized by  
 Nordic Ski Club of Fairbanks  
 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

