

Turkey Day Relays 2009

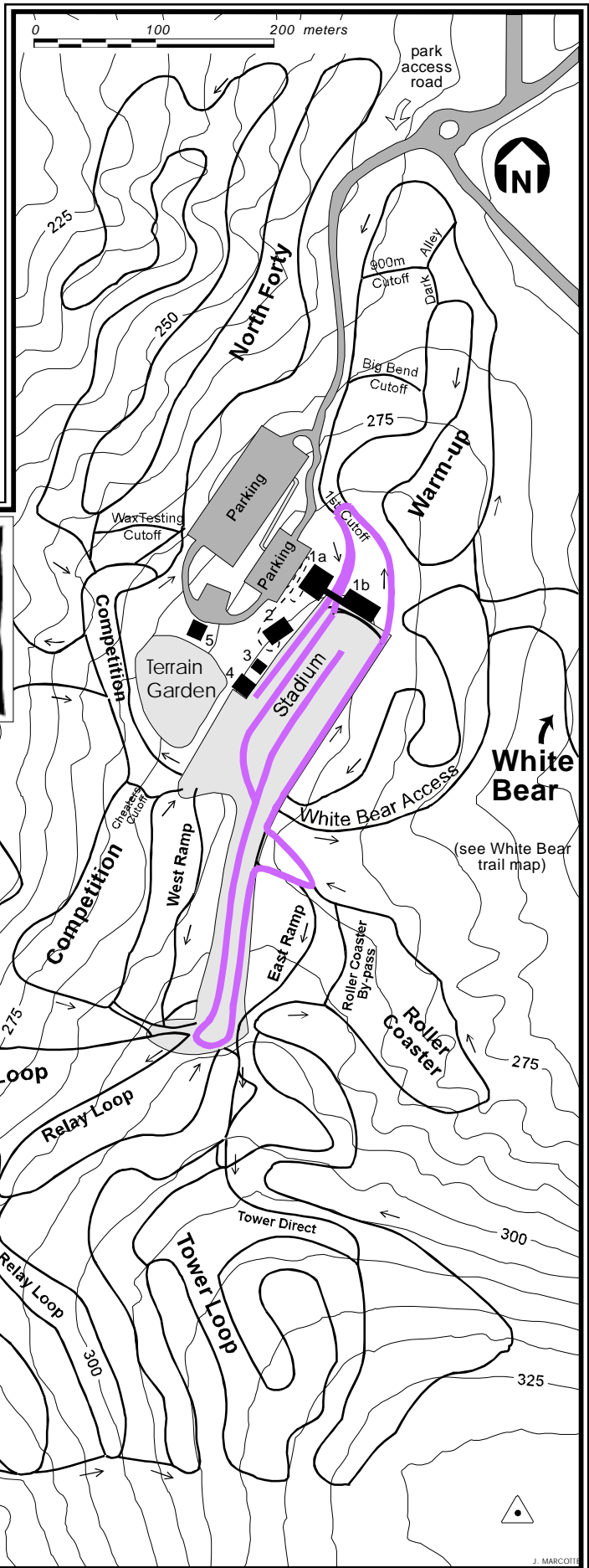
Sponsored by **Beaver Sports**
Organized by

Nordic Ski Club of Fairbanks
Jim Whisenant Ski Trails
Birch Hill Recreation Area
Friday, November 27, 2009

Grades K-1-2 and Grades 3-4
Boys & Girls
3 x 1km Free Technique

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: 1155m
HD = 14m
TC = 17m
MC = 9m
M/Km = 14.5

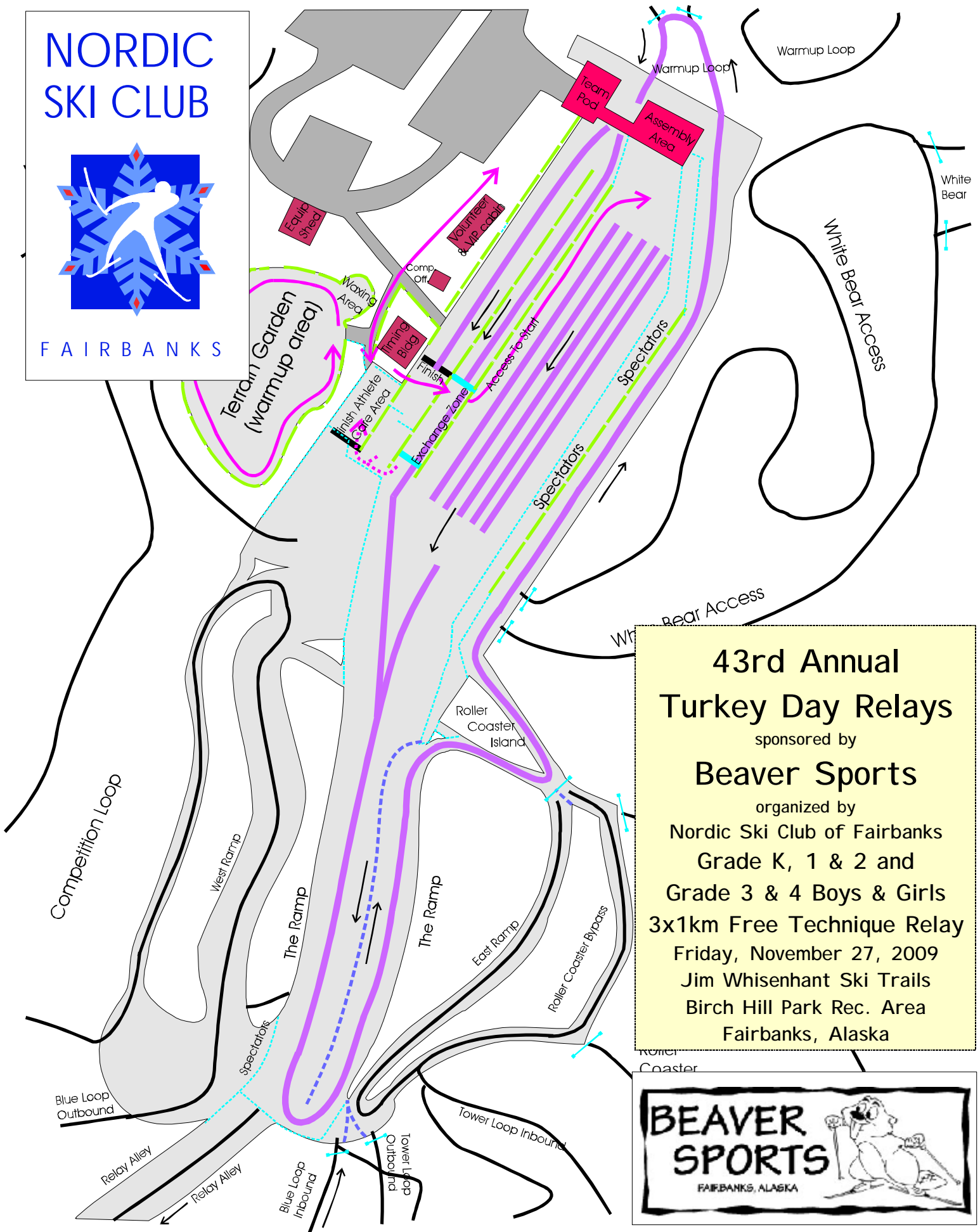
Filename:
2009-3x1k-Purple.cdr



NORDIC SKI CLUB



FAIRBANKS



43rd Annual Turkey Day Relays
 sponsored by
Beaver Sports
 organized by
 Nordic Ski Club of Fairbanks
 Grade K, 1 & 2 and
 Grade 3 & 4 Boys & Girls
3x1km Free Technique Relay
 Friday, November 27, 2009
 Jim Whisenant Ski Trails
 Birch Hill Park Rec. Area
 Fairbanks, Alaska

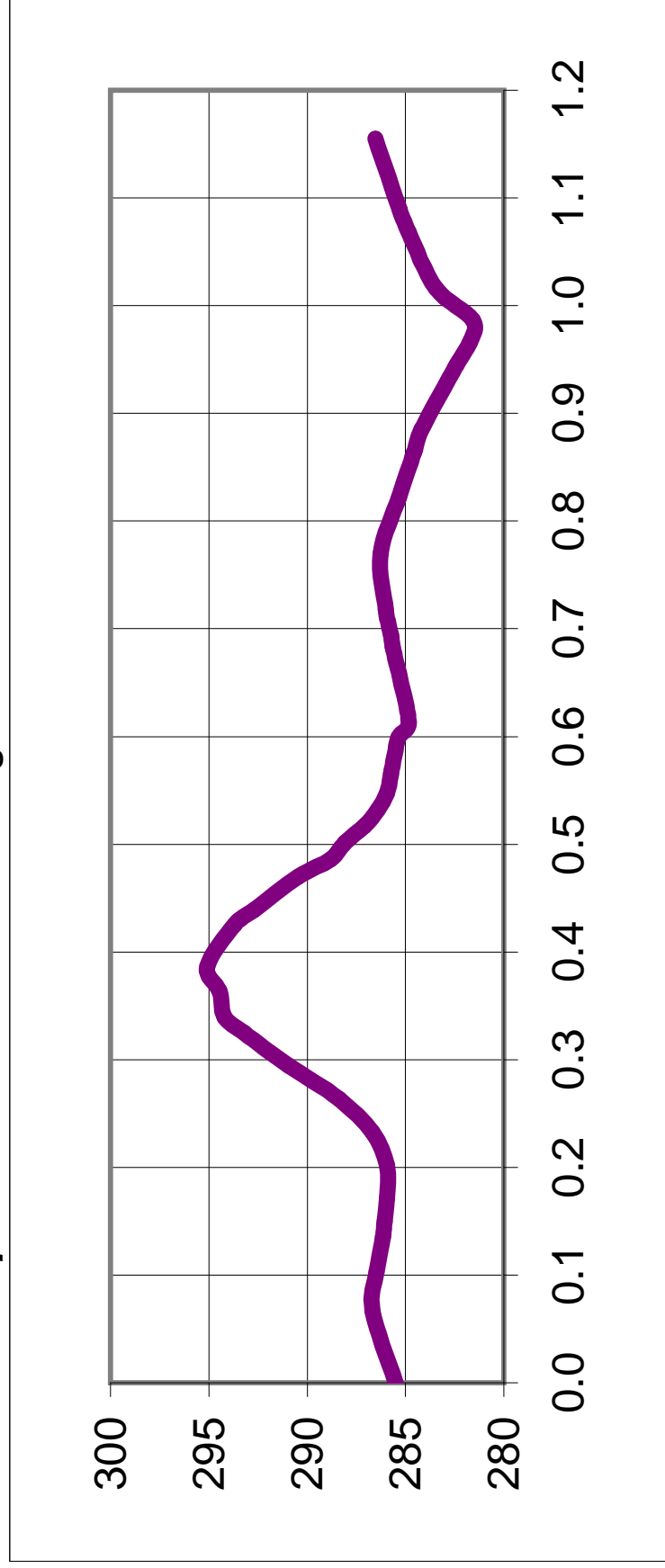


Grades K-1-2-3-4 1km Free Technique

Measured Length 1155 m **Height Difference (HD):** 14 m
High Point 295 m **Total Climb (TC):** 17 m
Low Point 282 m **Maximum Climb (MC):** 9 m

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

Climb per km: 14.5m - FIS range climb/km: 0.0m - 30.0m



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Grades 5-6 and Grades 7-8
Boys & Girls
3 x 2km Free Technique

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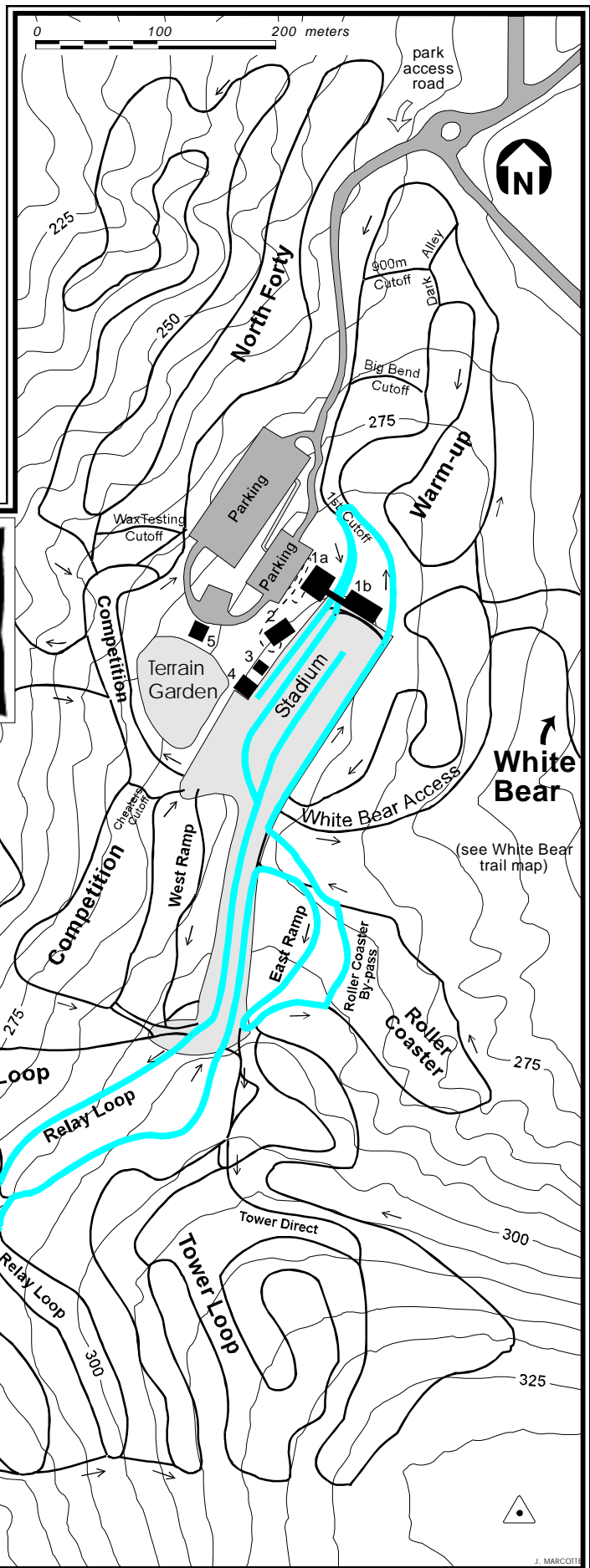
Blue Course
Measured Dist: 1973m
HD = 18m
TC = 37m
MC = 11m
M/Km = 18.9

Filename:
2009-3x2k-Course.cdr

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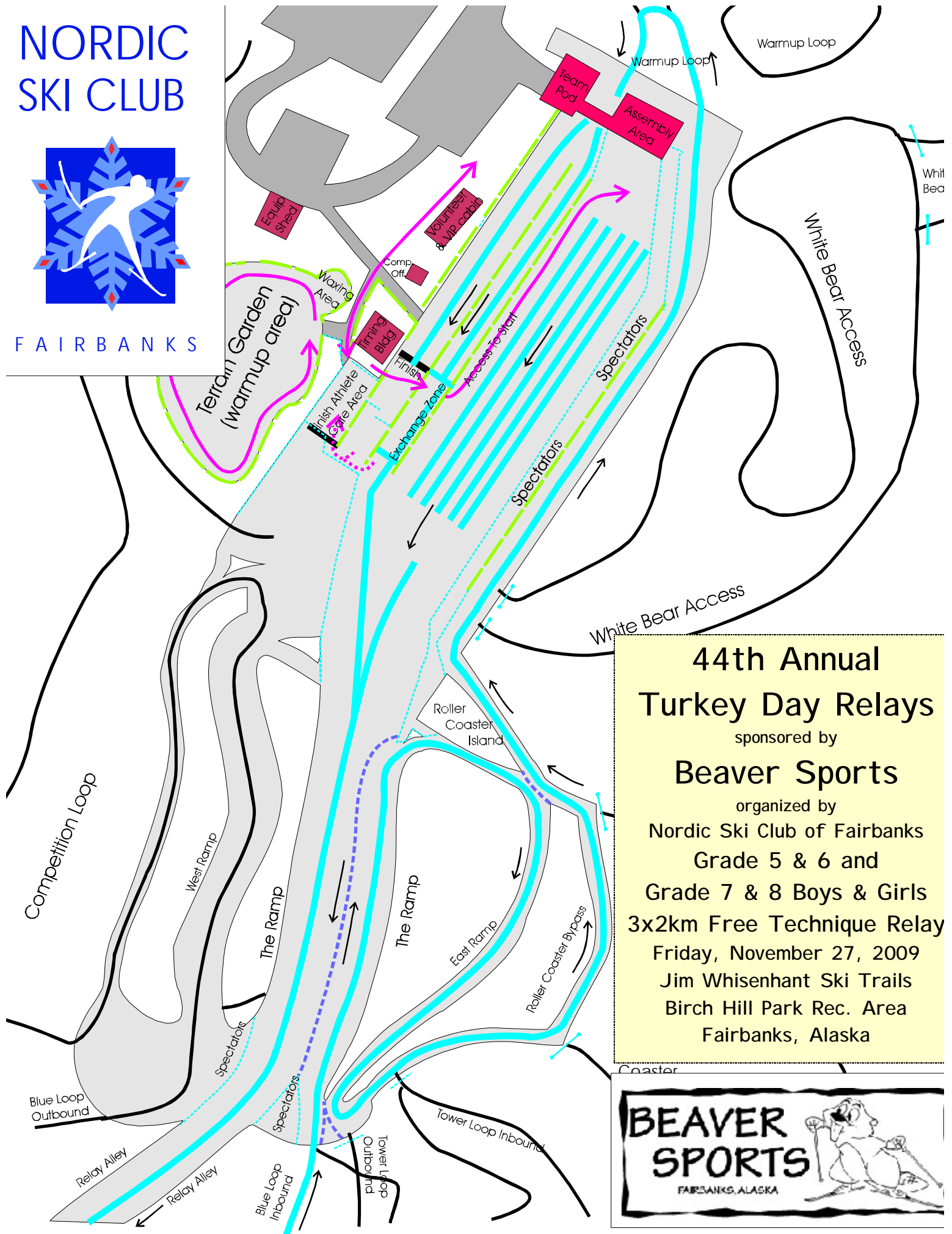
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44th Annual Turkey Day Relays

sponsored by

Beaver Sports

organized by

Nordic Ski Club of Fairbanks
Grade 5 & 6 and
Grade 7 & 8 Boys & Girls
3x2km Free Technique Relay
Friday, November 27, 2009
Jim Whisenant Ski Trails
Birch Hill Park Rec. Area
Fairbanks, Alaska

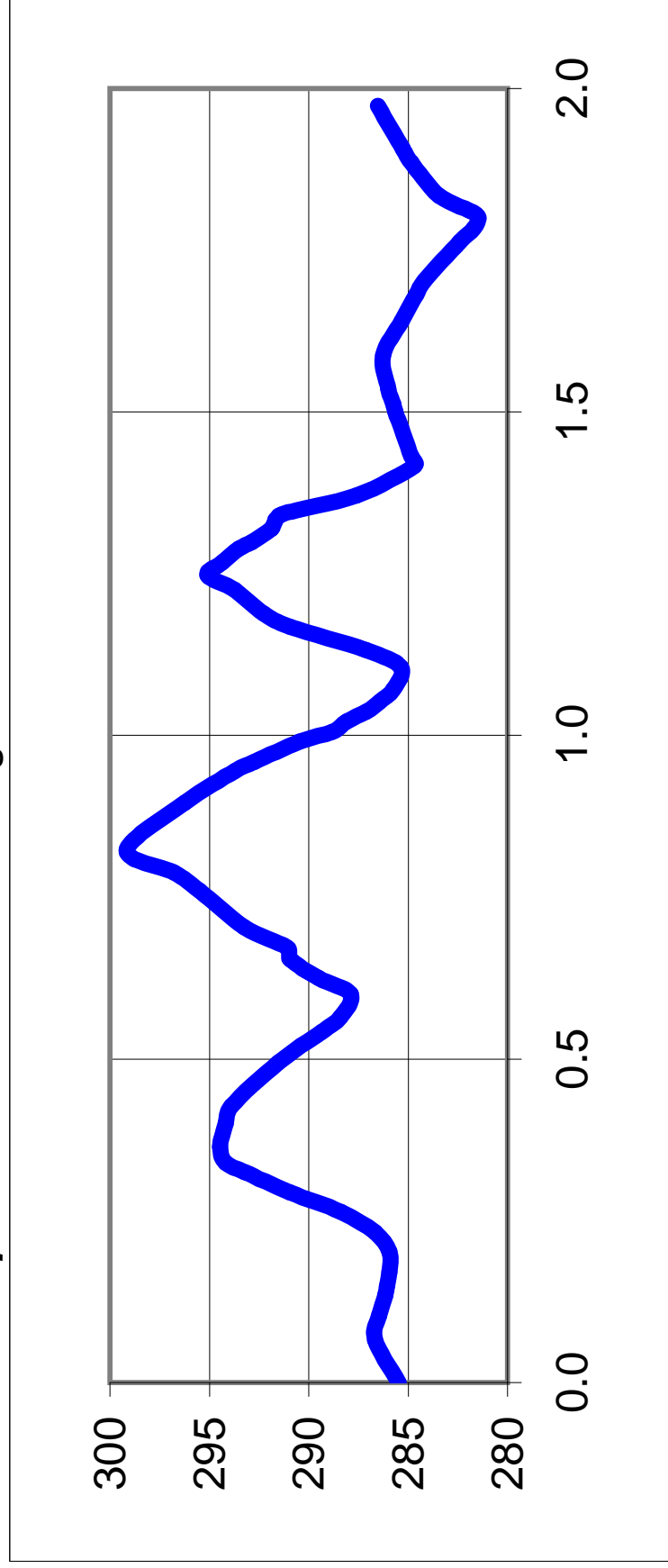


Grades 5-6-7-8 2km Free Technique

Measured Length 1973 m **Height Difference (HD):** 18 m
High Point 299 m **Total Climb (TC):** 37 m
Low Point 282 m **Maximum Climb (MC):** 11 m

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

Climb per km: 18.9m - FIS range climb/km: 0.0m - 30.0m



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Birch Hill Recreation Area
Friday, November 27, 2009

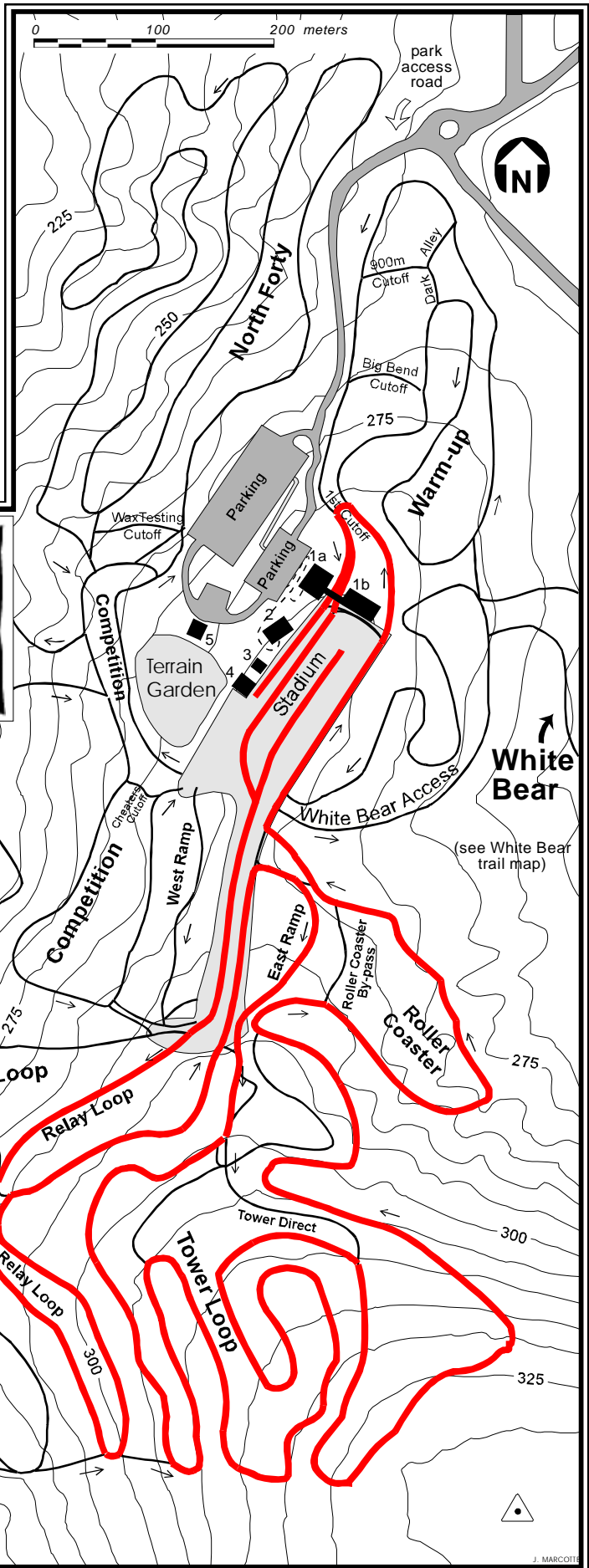
High School and Adult
Men & Women
3 x 5km Free Technique

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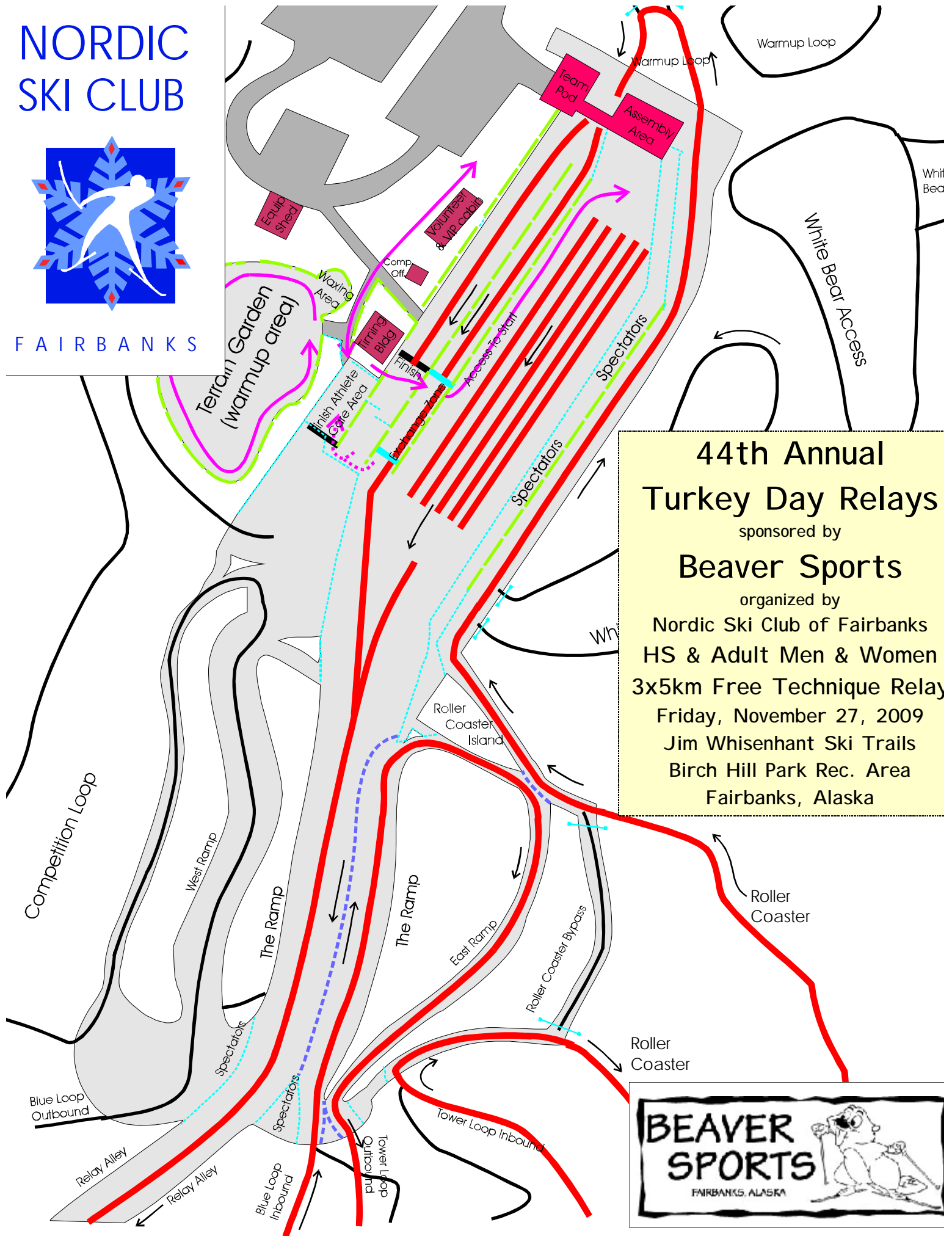
Red Course
Measured Dist: 5037m
HD = 53m
TC = 143m
MC = 42m
M/Km = 28.5
FIS Range: 30-42m/km
Filename:
2009-3x5k-Course.cdr



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HS & Adult Men & Women
3x5km Free Technique Relay
Friday, November 27, 2009
Jim Whisenant Ski Trails
Birch Hill Park Rec. Area
Fairbanks, Alaska



HS & Adult Men & Women 5km Free Technique

Measured Length 5037 m **Height Difference (HD):** 53 m

High Point 328 m **Total Climb (TC):** 143 m

Low Point 275 m **Maximum Climb (MC):** 42 m

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

Climb per km: 28.5m - FIS range climb/km: 30.0m - 42.0m

