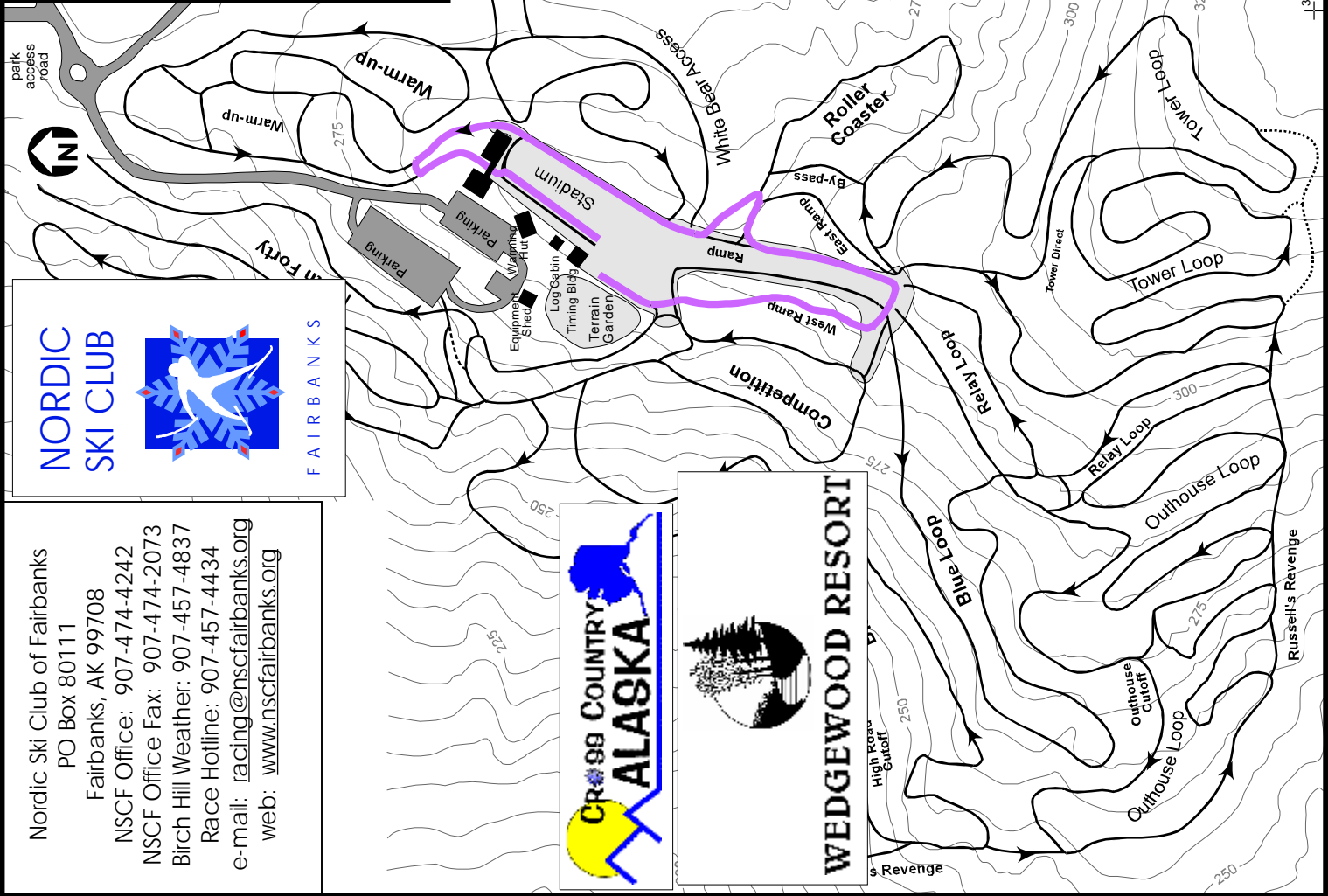
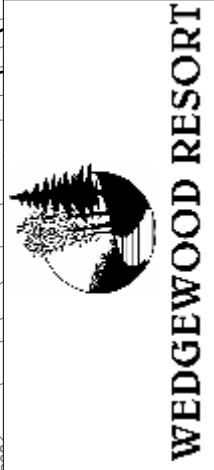
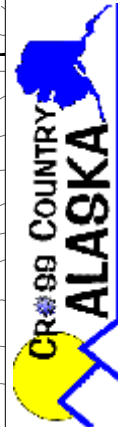


Nordic Ski Club of Fairbanks
 PO Box 80111
 Fairbanks, AK 99708
 NSCF Office: 907-474-4242
 NSCF Office Fax: 907-474-2073
 Birch Hill Weather: 907-457-4837
 Race Hotline: 907-457-4434
 e-mail: racing@nscfairbanks.org
 web: www.nscfairbanks.org

**NORDIC
 SKI CLUB**



FAIRBANKS



Besh Cup #5

Saturday, February 6, 2010

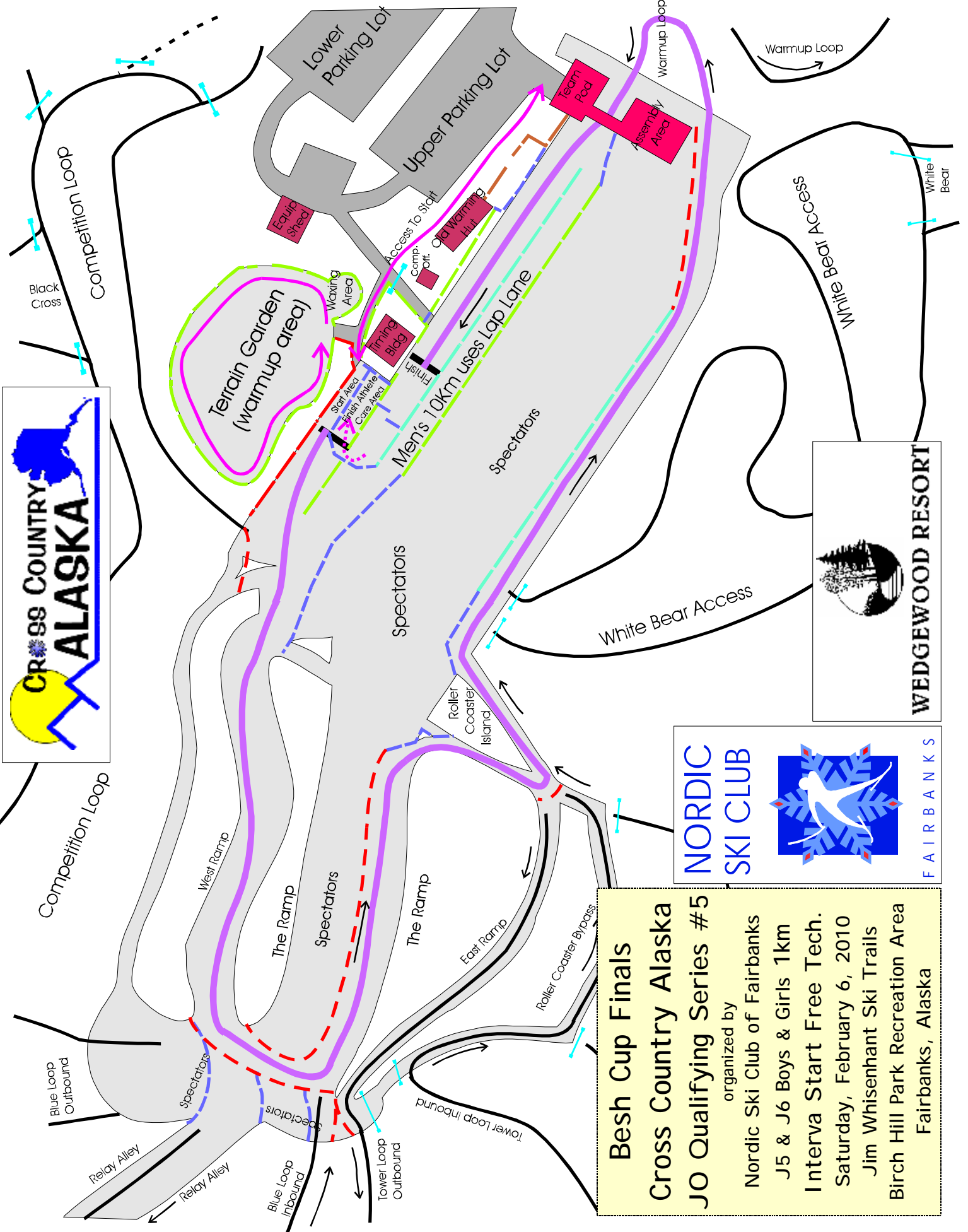
CCAK JO Qualifier

Organized by NSC Fairbanks
 Jim Whisenant Ski Trails
 Birch Hill Park Recreation Area
 Fairbanks, Alaska

J5 & J6 Boys & Girls
 1km Free Technique
 Interval Start
 Purple Course

Technical Information:
 Measured Length: 1054m
 Height Difference (HD): 14m
 Total Climb (TC): 18m
 Maximum Climb (MC): 9m
 Climb per Km: 17.4m/km

Competition
Committee and Jury:
 Technical Delegate: Lin Hinderman
 CCAK Representative: Tim Stallard
 Chief of Competition: John Estle
 Chief of Course: Tom Helmers
 Asst. Chief of Course: Bill Husby
 Chiefs of Stadium: Dave Murray,
 Bob Wilkinson, Susan Faulkner
 Chief of Timing: Carol Haas
 Chief of Control: Byron & Chris Broda
 Volunteer Coordinator: Norma Haubenstock



Besh Cup Finals
Cross Country Alaska
JO Qualifying Series #5
 organized by
 Nordic Ski Club of Fairbanks
 J5 & J6 Boys & Girls 1km
 Interva Start Free Tech.
 Saturday, February 6, 2010
 Jim Whisenant Ski Trails
 Birch Hill Park Recreation Area
 Fairbanks, Alaska

2/1/2010

bcup5-10-02-06-01.0k

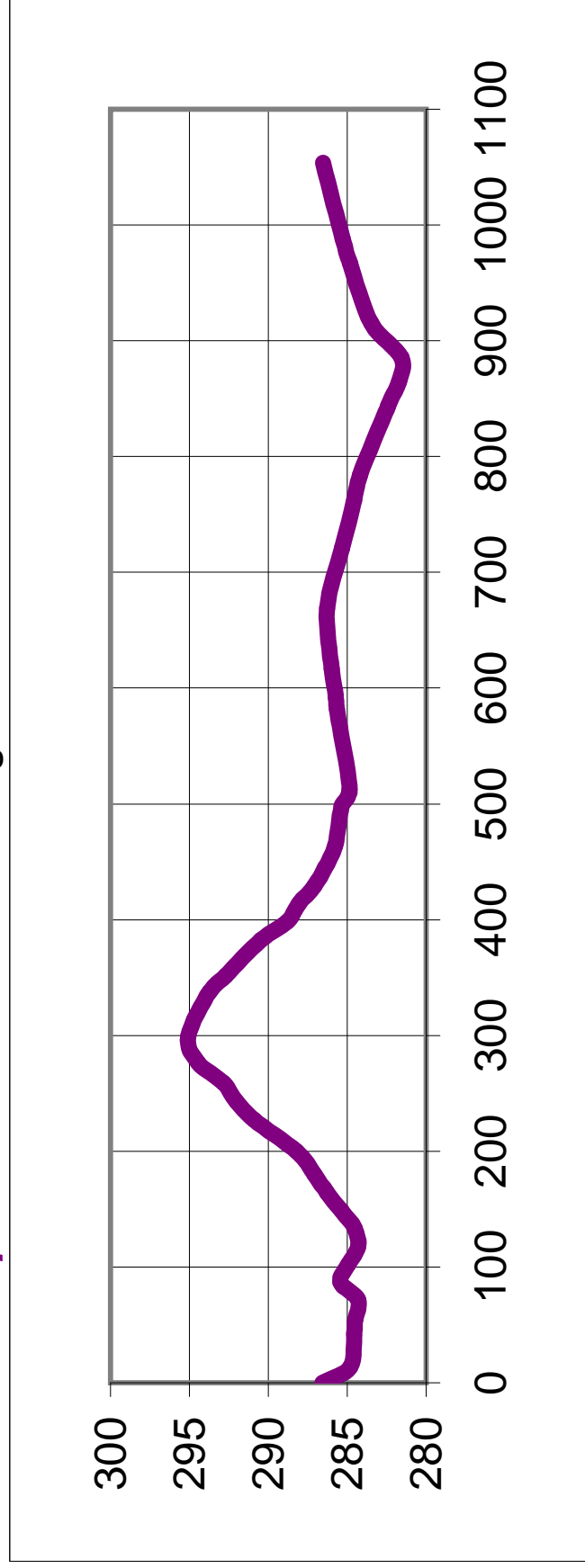
9:12 AM

J5 & J6 Boys & Girls 1km Free Technique

Measured Length 1054 m **Height Difference (HD):** 14 m
High Point 295 m **Total Climb (TC):** 18 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: 17.4m - FIS range climb/km: 0.0m - 30.0m

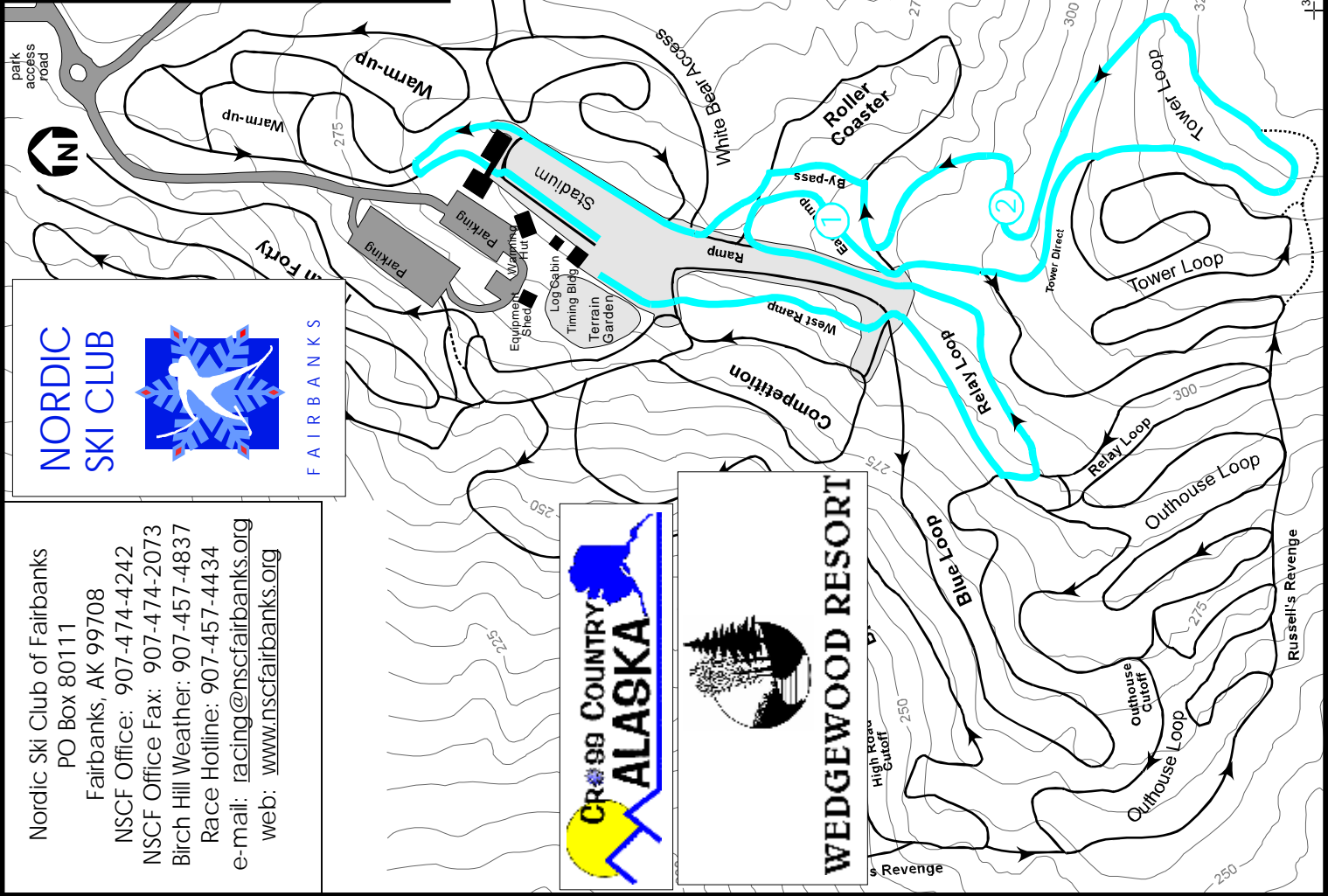


Nordic Ski Club of Fairbanks
 PO Box 80111
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**NORDIC
 SKI CLUB**



FAIRBANKS



Besh Cup #5

Saturday, February 6, 2010

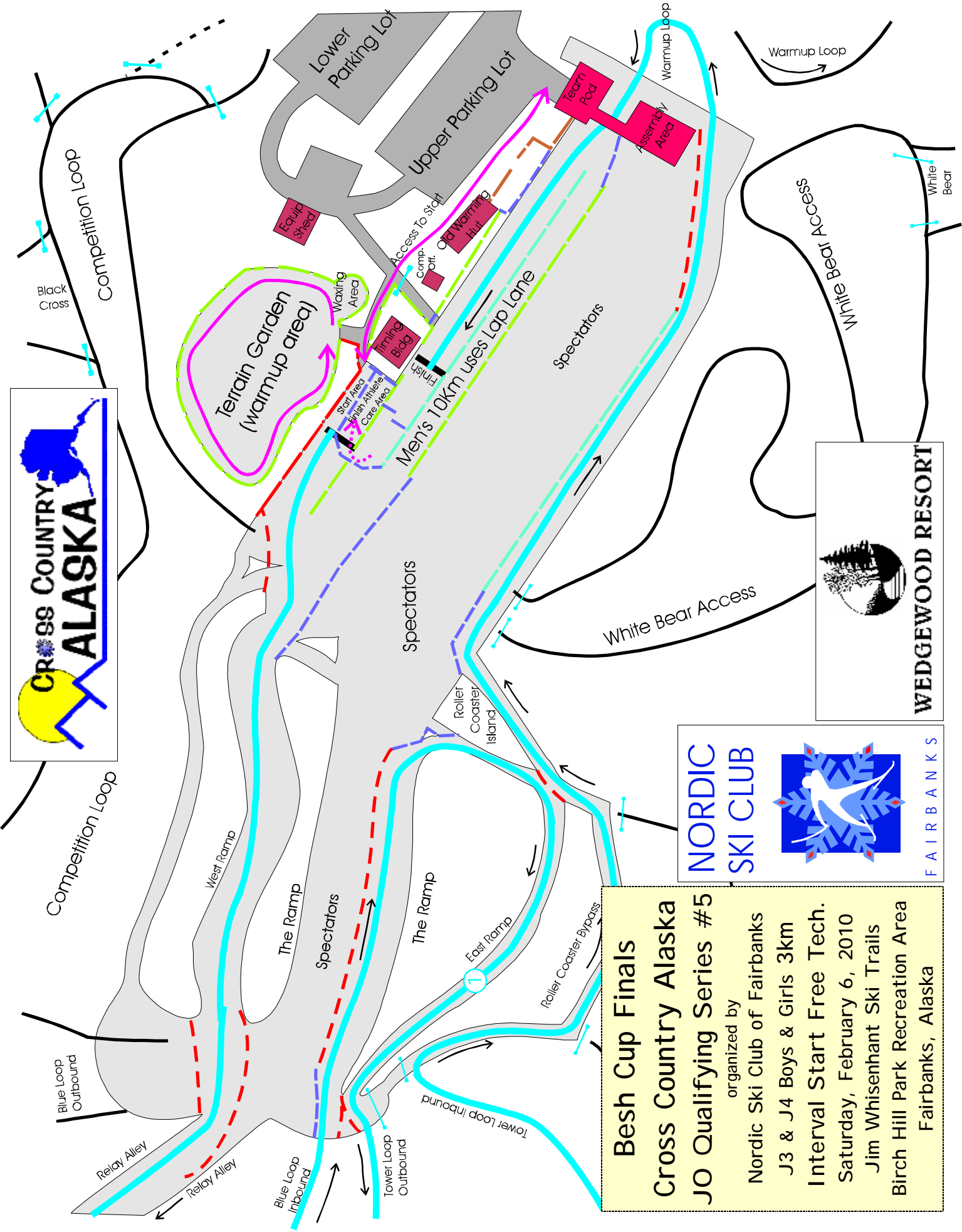
CCAK JO Qualifier

Organized by NSC Fairbanks
 Jim Whisenant Ski Trails
 Birch Hill Park Recreation Area
 Fairbanks, Alaska

J3 & J4 Boys & Girls
3km Free Technique
Interval Start
Blue Course

Technical Information:
 Measured Length: 2902m
 Height Difference (HD): 46m
 Total Climb (TC): 77m
 Maximum Climb (MC): 42m
 Climb per Km: 26m/km

Competition
Committee and Jury:
 Technical Delegate: Lin Hinderman
 CCAK Representative: Tim Stallard
 Chief of Competition: John Estle
 Chief of Course: Tom Helmers
 Asst. Chief of Course: Bill Husby
 Chiefs of Stadium: Dave Murray,
 Bob Wilkinson, Susan Faulkner
 Chief of Timing: Carol Haas
 Chief of Control: Byron & Chris Broda
 Volunteer Coordinator: Norma Haubenstock



Besh Cup Finals
Cross Country Alaska
JO Qualifying Series #5
 organized by
 Nordic Ski Club of Fairbanks
 J3 & J4 Boys & Girls 3km
 Interval Start Free Tech.
 Saturday, February 6, 2010
 Jim Whisenant Ski Trails
 Birch Hill Park Recreation Area
 Fairbanks, Alaska

2/1/2010

bcup5-10-02-06-3.0k

9:09 AM

J3 & J4 Boys and Girls 3km Free Technique

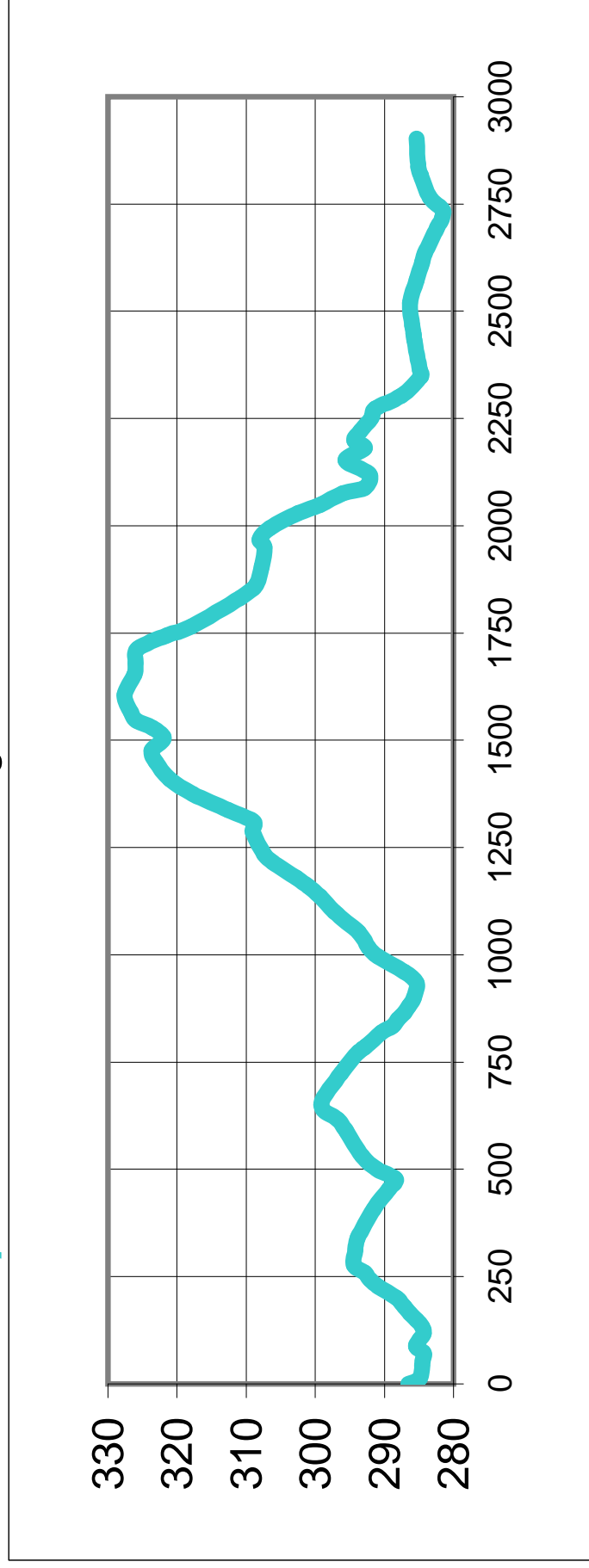
Measured Length 2902 m *Height Difference (HD):* 46 m

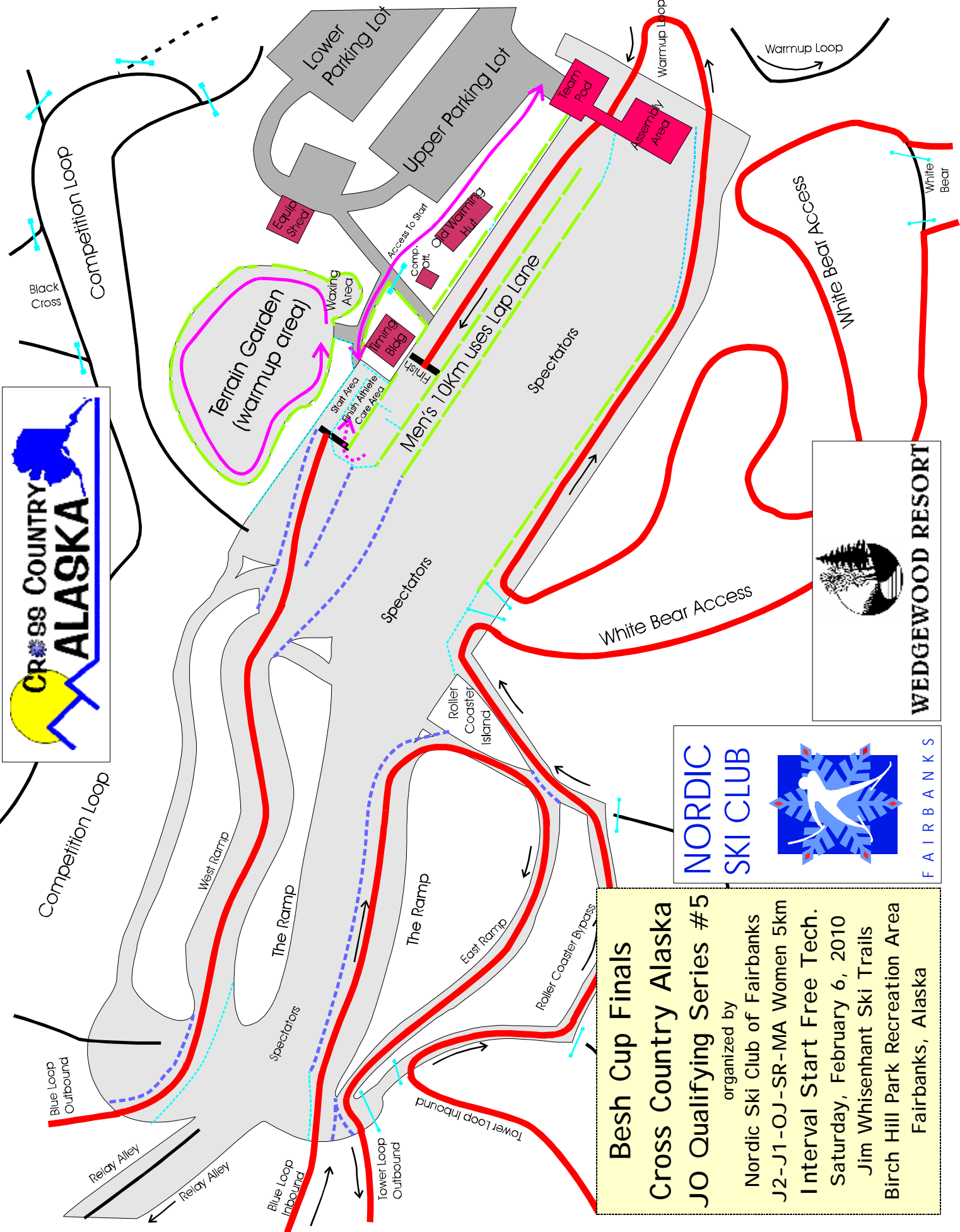
High Point 328 m *Total Climb (TC):* 77 m

Low Point 282 m *Maximum Climb (MC):* 42 m

FIS Spec Ranges: HD:50m, MC:50m, TC min:75m/TC max:105m

Climb per km: 26.6m - FIS range climb/km: 30.0m - 42.0m





WEDGEWOOD RESORT



NORDIC SKI CLUB

FAIRBANKS

Besh Cup Finals
Cross Country Alaska
JO Qualifying Series #5
 organized by
 Nordic Ski Club of Fairbanks
 J2-J1 -OJ -SR-MA Women 5km
 Interval Start Free Tech.
 Saturday, February 6, 2010
 Jim Whisenant Ski Trails
 Birch Hill Park Recreation Area
 Fairbanks, Alaska

2/1/2010

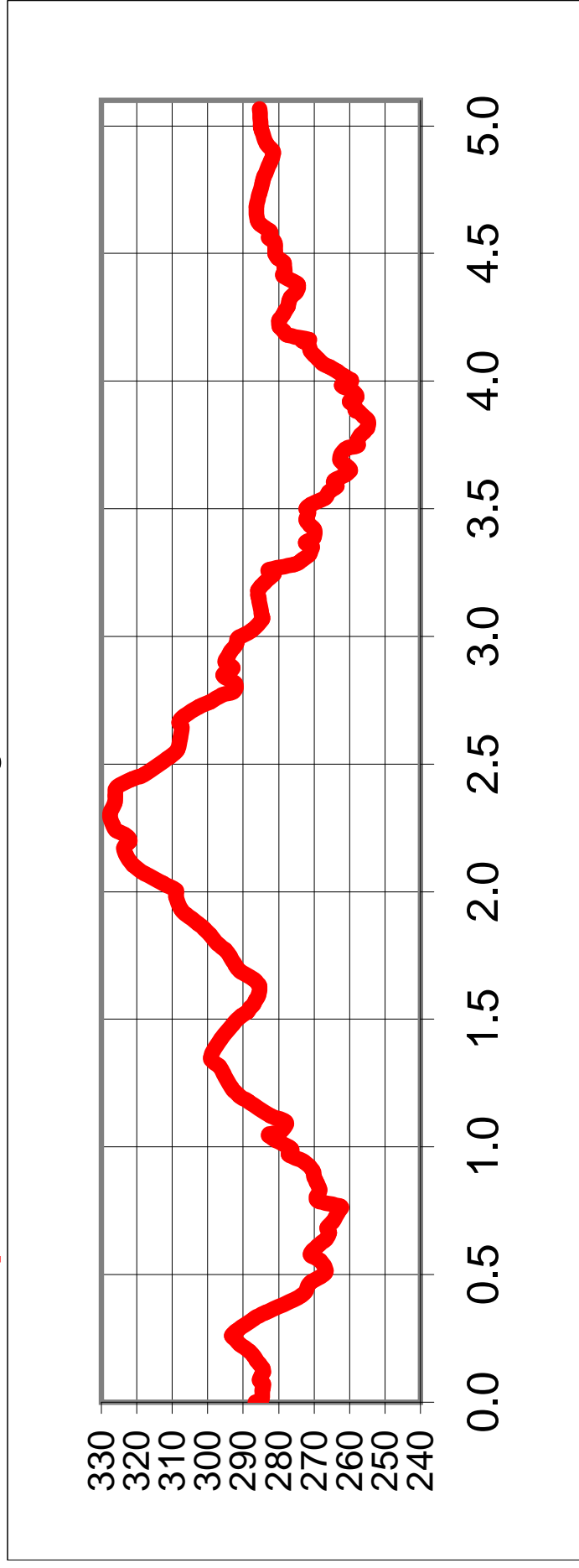
9:09 AM

J2M/J2-J1-OJ-SR-MA F 5km Free Technique

Measured Length 5066 m **Height Difference (HD):** 73 m
High Point 328 m **Total Climb (TC):** 168 m
Low Point 255 m **Maximum Climb (MC):** 42 m

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

Climb per km: 33.1m - FIS range climb/km: 30.0m - 42.0m





Besh Cup JO Qualifying Series

Classic Technique Interval Start Event

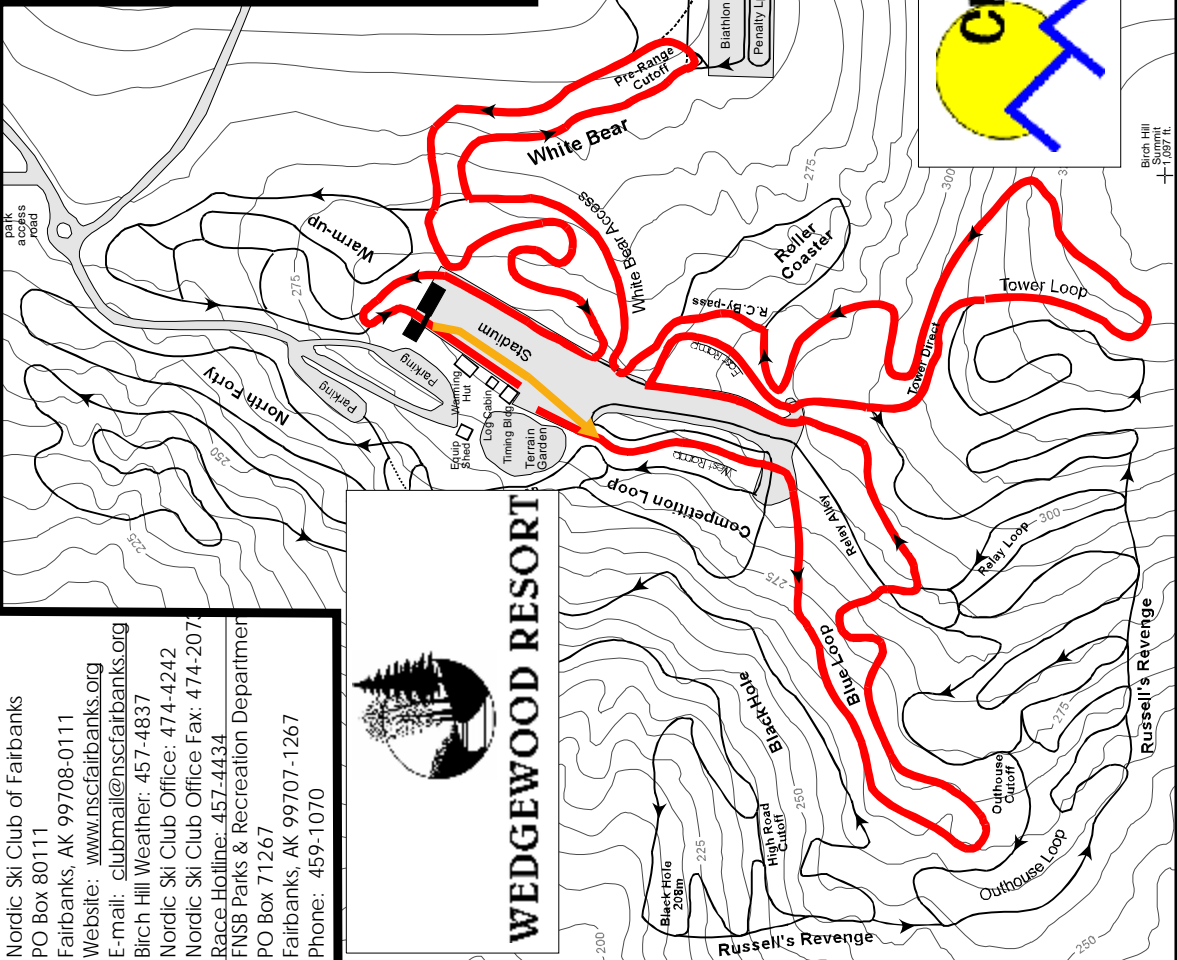
Organized by Nordic Ski Club of Fairbanks
Sanctioned By Cross Country Alaska and USSA



Saturday, February 6, 2010

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

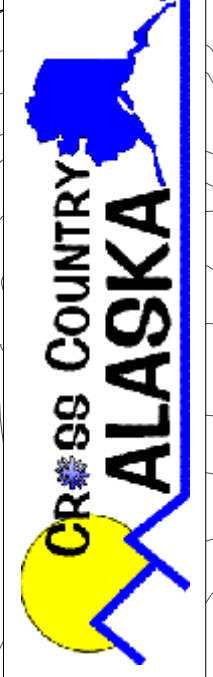
Nordic Ski Club of Fairbanks
PO Box 80111
Fairbanks, AK 99708-0111
Website: www.nscfairbanks.org
E-mail: clubmail@nscfairbanks.org
Birch Hill Weather: 457-4837
Nordic Ski Club Office: 474-4242
Nordic Ski Club Office Fax: 474-2077
Race Hotline: 457-4434
FNSB Parks & Recreation Department
PO Box 71267
Fairbanks, AK 99707-1267
Phone: 459-1070



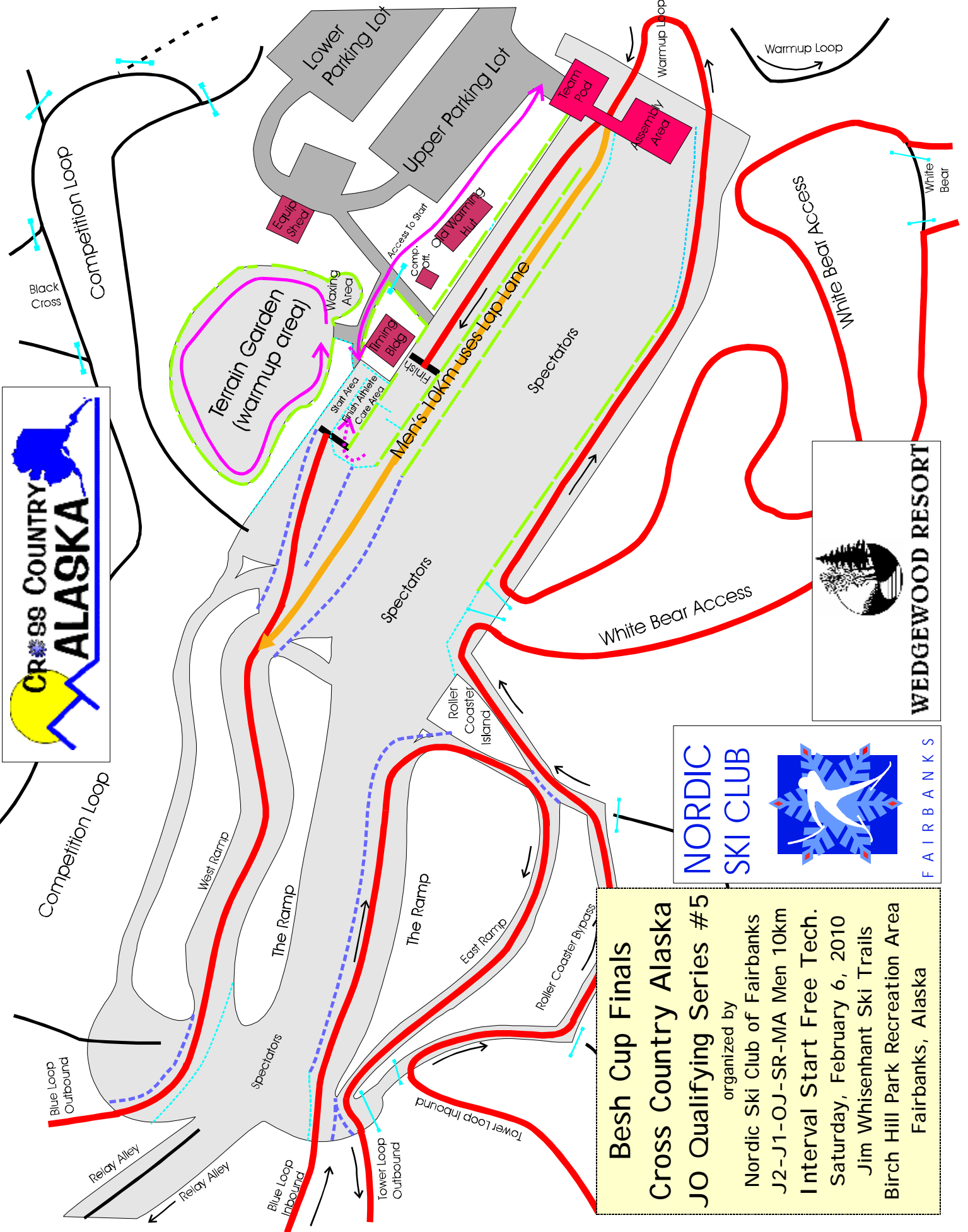
J1-OJ-SR-MA Men
10km Free Technique
15-second Interval Starts
2 Laps of Red Course

Technical Information:
Measured Length: 10176m
Height Difference (HD): 73m
Total Climb (TC): 337m
Maximum Climb (MC): 42m
Climb per Km: 33.1m/km

Competition Committee and Jury:
Technical Delegate: Lin Hinderman
CCAK Representative: Tim Stallard
Chief of Competition: John Estle
Chief of Course: Tom Helmers
Asst. Chief of Course: Bill Husby
Chiefs of Stadium: Dave Murray, Bob Wilkinson, Susan Faulkner
Chief of Timing: Carol Haas
Chief of Control: Byron & Chris Broda
Chief of Athlete Care: tba
Chief of Secretariat: tba
Volunteer Coordinator: Norma Haubenstock



Birch Hill Ski Club
10077 IL
J. Marcotte
Map updated Oct. 1989
Countour interval: 5 meters
Scale: 0 100 200 meters



WEDGEWOOD RESORT



NORDIC SKI CLUB

FAIRBANKS

Besh Cup Finals
Cross Country Alaska
JO Qualifying Series #5
 organized by
 Nordic Ski Club of Fairbanks
 J2-J1-OJ-SR-MA Men 10km
 Interval Start Free Tech.
 Saturday, February 6, 2010
 Jim Whisenant Ski Trails
 Birch Hill Park Recreation Area
 Fairbanks, Alaska

2/1/2010

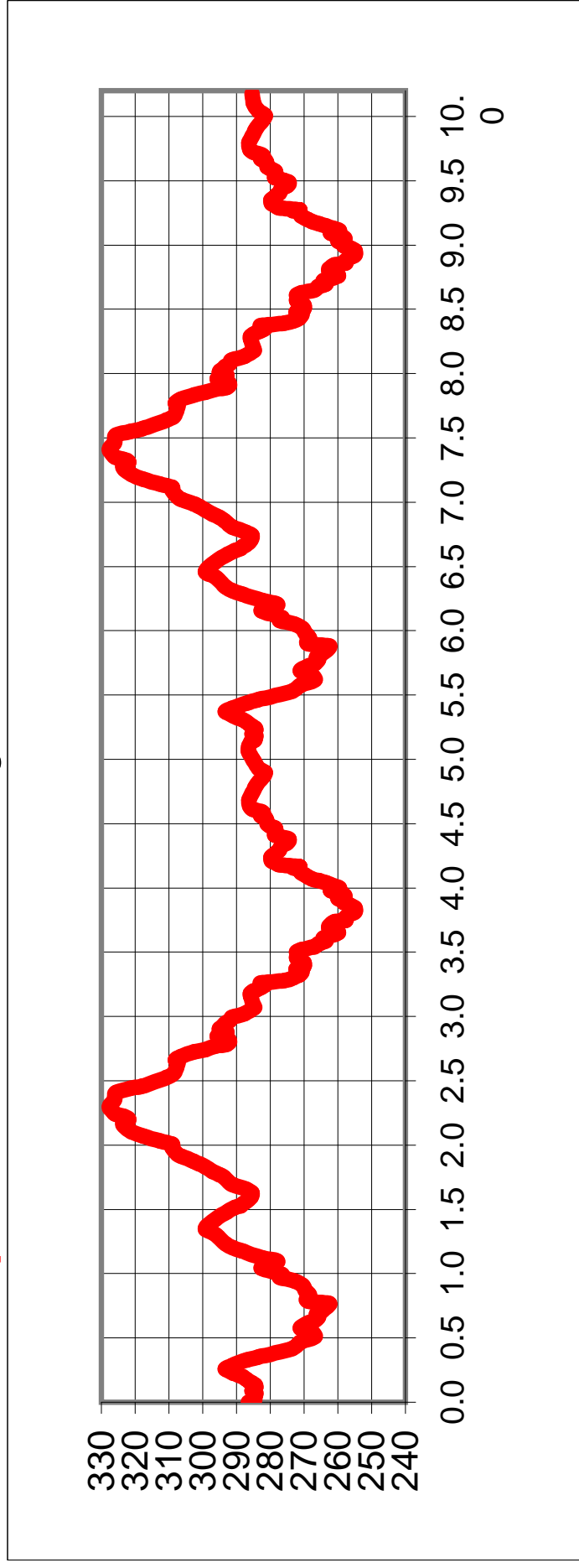
9:09 AM

J1-OJ-SR-MA M 10km Free Technique

Measured Length 10176 m **Height Difference (HD):** 73 m
High Point 328 m **Total Climb (TC):** 337 m
Low Point 255 m **Maximum Climb (MC):** 42 m

FIS Spec Ranges: HD:150m, MC:80m, TC min:250m/TC max:400m

Climb per km: 33.1m - FIS range climb/km: 25.0m - 40.0m



Start Mesa and Lap/Finish Area Setup

Interval Start/Free Technique-Multi Lap-No Youth Start

