



**Fowler & Co. CPA's 5K Freestyle**  
**Sunday, January 14, 2024**

**Venue:** South Diamond SnoPark <https://goo.gl/maps/ieFmBT8DpTjQ3cei9>

**Sno-Park permits required.** Are available at the Diamond Lake Lodge if needed.

**Race Fees:** No trail passes or race fees.

**Race Format:** 5K Freestyle – mass start – two-lap course  
(Girls start first, Boys start 30 minutes later)  
Short Course is one lap

3 x 1K (SK,SK,SK) Relay Races  
(Girls relay first, followed by Boys relay)

**Organizing the mass start individual races:** Skiers will line up “self-sorting” according to abilities. Think “citizen’s race mass start.” We have adopted this format because we do not have our regular calculators on site, and this format will be easiest for others to time the race.

**Coaches,** knowing the race is now on **SUNDAY**, please update your racers’ information on the Google Spreadsheet:

Use “**0**” to indicate racers not going to the race.

Use “**SC**” to indicate racers who will be skiing only one lap.

[https://docs.google.com/spreadsheets/d/1\\_7evEGyDpREb2166xxSR1VRxU\\_72GUyLzFksFLvVXyw/edit#gid=0](https://docs.google.com/spreadsheets/d/1_7evEGyDpREb2166xxSR1VRxU_72GUyLzFksFLvVXyw/edit#gid=0)

Please leave the seed numbers you had entered for those racers who are going to the race, because those numbers indicate that the skier is going to the race.

The deadline for entering new information about your racers is THURSDAY evening.

**Start lists and results will be posted on Webscorer.**

They also are posted on the OISRAN website:

**<https://oisran.org/2023-24-race-results/>**

**BIBS for Southern League skiers:** Bibs for individual races are pre-assigned for the whole season of league races. Coaches pick up your team bibs at check-in (including bibs for skiers who are not racing at this event). Your skiers will use these bibs for all SL races.

**BIBS for skiers who are not in the Southern League:** **Turn in** your bibs at the end of the individual races – and also at the end of the relay races.

Thanks to the Ashland team a hot beverage bar will provided: cocoa, coffee, and a light soup.

Pete Reinhardt, from Ashland, will also provide the medical support.

### **Fowler & Co. CPA's 5K Freestyle - TIMELINE**

<b>10:00 a.m.</b>	Course is ready for practice
<b>10:15 a.m.</b>	Course Monitor's Meeting
<b>10:30 a.m.</b>	Timing Crew Meeting
<b>11:00 a.m.</b>	<b>START Girls - Mass Start</b>
<b>11:30 a.m.</b>	<b>START Boys - Mass Start</b>
<b>12:30 p.m.</b>	START Girls Relay
After completion of Girls Relay: START Boys Relay	

