



Joel Tranby Memorial

Mt. Shasta Nordic Center – Mount Shasta, California
Saturday, February 1, 2025

Venue: Mount Shasta Nordic Center – <https://maps.app.goo.gl/3eTCuJ2XmAbU5GBV8>

Race Fees and Trail Passes: No charge to teams, Southern League is covering the cost of the race fees

Race Format: 5K Skate, 20-second interval start, 10:00 am, plus 3 X 900m Relay (Sk, Sk, Sk)

Bibs:

- ❖ Southern League racers wear pre-assigned bibs for the individual race.
- ❖ Any racers from other leagues will be assigned bibs for the individual race.
- ❖ Relay bibs will be assigned to all teams.
- ❖ Relay bibs and bibs for racers from other leagues will be collected at the end of the race.

Start lists and results will be posted on:

<https://www.webscorer.com/oisran>

<https://oisran.org/2024-25-race-results/>

Late Starts: will be allowed to start asap after they arrive at the start – the Start Supervisor determines when they can start. Their elapsed time that is calculated from their preassigned start time will be the posted time. Their actual start time will be noted. A jury will meet if a coach wants to contest a late skier's time.

Overtaking skiers: **Because** the individual race is an **Interval Start**, a skier who is being overtaken **must** give way on the first demand. This applies in the free technique

courses when the skier being overtaken may have to restrict his skating action. (Race Rule 10.6.2).

In the **relay race (a Mass Start)**, a skier who is being overtaken is **not** required to give up their position at the “Track” command, but they must not obstruct the skier who is overtaking them. However, If the skier being overtaken is wearing **a different color bib**, the skier being overtaken must give up their position on a demand (Race Rule 10.6.3).

Relay teams:

- ❖ All skiers on a Varsity team should be the same gender and attend the same school

EXCEPTION: The La Pine relay team can include a JV skier from another school as the THIRD (Dummy) skier. For the results report, the time of the slowest third-lap skier will replace the actual time of the skier from another school that skis the third lap on this team.

- ❖ Provisional skiers cannot ski on Varsity teams

EXCEPTION: The Ashland boy’s relay team can include an Ashland Provisional skier (boy) as the THIRD (Dummy) skier. For the results report, the time of the slowest third-lap skier will replace the actual time of the provisional skier who skis the third lap on this team.

- ❖ JV teams can be comprised of skiers from different teams, provisional skiers, and single skiers (from any league) who do not have another teammate
- ❖ Dummy times may not be calculated for JV teams.

Links to the Course Maps are on the OISRAN website at this location:

<https://oisran.org/race-schedules/>

***Parking Suggestions:**

Parking spaces are limited at Mt. Shasta Nordic Center and we must be considerate of the public’s access to parking and skiing during our event. To minimize our impact please adhere to the following guidelines:

- ❖ Carpool up to the venue if able

- ❖ If parking at Shasta Nordic, please park perpendicular to the snow bank (do not park at an angle) to limit the amount of space taken up.
- ❖ **NOTE:** No special parking permits are required

Spectators: Spectators may not walk on the groomed ski trails. If spectators wish to observe the race on the course they must be on skis or snowshoes. If on snowshoes - stay as far to the side of the trail, outside of the groomed tracks.

Public Use: The Mt. Shasta Nordic Center is a public use area, and anyone can ski during the race. The course will not be closed, but monitors will be available to direct traffic. Please be considerate of the public and stay out of their way as much as possible.

Cowbells: This race is dedicated to the memory of Joel Tranby, a young man whose passion for sports and community was unmatched. In honor of Joel's vibrant spirit and his love for supporting others, the Tranby family is generously gifting each participant a cowbell to ring during the race. As you watch others race, remember to ring your cowbell loud and cheer them on with the same enthusiasm and encouragement that Joel would have shown. Let each ring be a reminder of his spirit, always lifting others up and celebrating their efforts. Whether you're racing or cheering, your cowbell is a symbol of unity, support, and the lasting impact Joel had on all who knew him. Keep it loud and proud, and honor his memory with every cheer!

TIMELINE

9:00 am	Course is ready for practice Forerunner is on the course
9:15 am	Course Monitor's Meeting (meet at the Finish line)
9:30 am	Timing Crew Meeting (meet at the timing tent)
10:00 am	Start of 5K Individual Race (Boys and Girls are mixed) 20-second interval start
~11:30 pm	Start of Girls Relay (Varsity and JV are mixed)

**Immediately after
Girls Relay**

Start of Boys Relay (Varsity and JV are mixed)

**Immediately after
Boys Relay**

Jury Meeting if Needed