



Hood River Valley Nordic - Mount Hood Meadows 2025 Skiathlon Relay - Race Info

Date: Saturday, February 8th, 2025

Location: Mt Hood Meadows, Twilight parking lot

Start time: 10:00am

Race contact: Erik Weeman, Hood River Valley Nordic Head Coach, eweeman@gmail.com

Meadows Nordic contact: Hannah Sebring, (503) 337-2222, x1262, Nordic@skihood.com

Race info

- Categories: Boys, Coed and Girls. Coed teams are encouraged!
- Mass starts for two races. Boys & Coed teams will go first. Once they finish, we will send the the Girls teams.
- This race is a 2-skier pair relay with 2 legs of alternating techniques for each skier.
- Each leg is roughly 2.5km. See map and elevation profile of the loop below.
- Each skier in every pair will ski a total of 5km (2 legs x 2.5km loop). Between the two skiers, each pair will ski a total of 10km (2 skiers x 2 legs x 2.5km loop).
- Skier #1 starts in a mass start and does a 2.5km Classic ski leg, then tags his/her teammate.
- Skier #2 does a 2.5km Classic leg / tags teammate.
- Skier #1 does a 2.5km Freestyle leg / tags teammate.
- Skier #2 does a 2.5km Freestyle leg and finishes.
- There is a \$12 per skier track fee, (unless the skier has a Mt Hood Meadows season pass) which must be paid by contacting Meadows Nordic via Nordic@skihood.com or (503) 337-2222, x1262 by 8:00am Friday 2/7. A team rep will pick up bibs and track tickets at the registration tent.
- Racers must also complete a race liability form (by Friday at 8am), here: <https://www.skihood.com/agreements/race-authorization>

"Lone" Skiers

- If any school ends up with a lone skier without a relay partner, it's possible to match that skier with a partner from another school on race morning. Coaches should communicate when we get to Meadows on Saturday to figure out these last-minute matchups.
- Worst case, we can always have a "lone" skier ski two legs shadowing a pair in their gender.

Bibs & Pick-up

- We will use the bibs from both Northern and Mt. Hood leagues to give both team members the same number. Example, if Summit brings 5 boys' teams and Redmond 6 boys' teams, Summit will pick up two of each #1- #5 bibs and Redmond will pick up two of each #6- #11 bibs.
- Bibs will be picked up race morning at the tent by one member of each team. Accompanying the bibs will be a list of which skiers get which bibs. (This is, of course, assuming your team replies to OISRAN's pre-race seeding request per their deadline.)

Coaches' Notes

- The area where we will set up the stadium/transition space this year is a bit uneven. Please bring a shovel if you need a perfectly level area to set up.
- There will be a 9:30 coaches meeting at the registration tent.
- The only facilities at this location are Porta-potties

Race Location & Parking

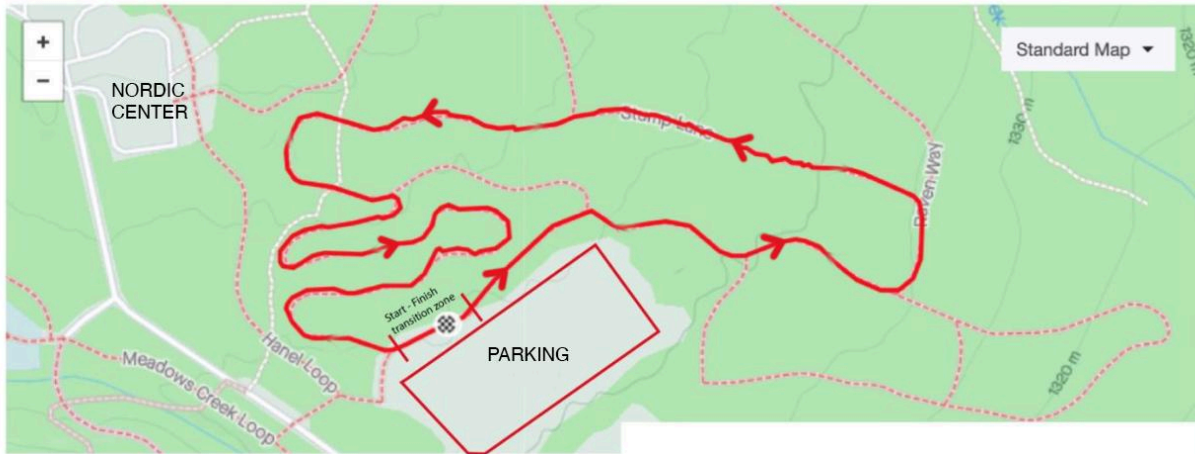
- Out-of-area teams please note this will be staged out of the Mt. Hood Meadows Twilight parking lot, which is the first parking lot on the right on the way to the Meadows Nordic Center or the HRM chairlift (map attached below) -- same location as last year!
- As you enter the parking lot take your immediate left, we will have some volunteers helping with parking. Please plan on being parked by 8:30am.

Volunteers & Viewers

- We will need a few volunteers to help with tasks such as course monitors, bib pick up and separation, course sweep and clean up. If you have available volunteers, please have them sign up with Erik Weeman (eweeman@gmail.com)
- There is great viewing from the Twilight lot - start, finish and transition zone - or by skiing from the Nordic Center. If you choose to view from the Nordic center, note the parking is in a different location.

Fees & Waivers *(repeating this because... Thank you, Meadows!)*

- All visiting skiers (racers and spectators wishing to ski) must purchase a track ticket by **8:00am Friday 2/7**. Meadows is kindly offering a discounted \$12 track ticket which must be arranged by contacting them at Nordic@skihood.com or (503) 337-2222, x1262. ***It would be best if a representative from your team contacted Meadows to purchase tickets for ALL of your skiers before the deadline.***
- All racers must also complete Meadows' event liability form (by 8am on Friday) found at this link: <https://www.skihood.com/agreements/race-authorization>



(Keep scrolling.)

NORDIC TRAILS

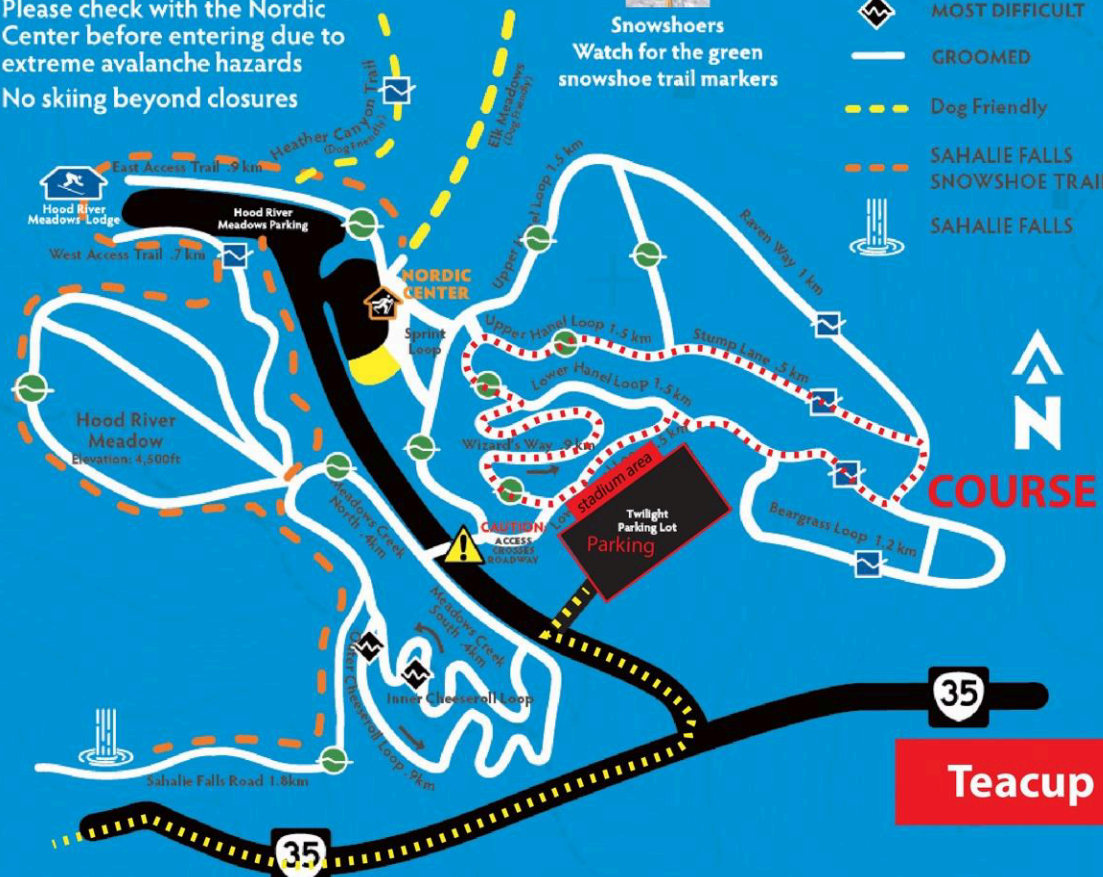
Heather Canyon Trail

- Please check with the Nordic Center before entering due to extreme avalanche hazards
- No skiing beyond closures



Snowshoers
Watch for the green snowshoe trail markers

- EASIEST
- MORE DIFFICULT
- MOST DIFFICULT
- GROOMED
- Dog Friendly
- SAHALIE FALLS SNOWSHOE TRAIL
- SAHALIE FALLS



Teacup

Please Clean Up After Your Pets

Nordic Trail Ticket Required