

Mansfield Nordic Club and Sleepy Hollow Bill Koch Club



Nordic Duathlon BKL Race

Sunday, January 19th, 2014

This year we have added a new twist to this popular event. MNC and Sleepy Hollow are joining forces to host the duathlon on the ski trails at Sleepy Hollow Nordic Center in Huntington, VT.

Racers start with a loop of classic skiing, then after a quick transition to skate skis they head out for the final lap.

Registration:

\$10 Online: <http://www.skireg.com/Net/bkl-duathlon> through Jan. 18, 2014, 10am.

\$15 Day of Race: (12:00 - 12:45 PM).

Website: <http://www.mansfieldnordic.org>

Race Director: Christine Massey christine.massey@uvm.edu

Venue: Sleepy Hollow Nordic Center, 427 Ski Lodge Drive, Huntington, VT.
(802) 434-2283, skisleepyhollow.com/skiing

Event Schedule:

1:00PM	0.5 km	Lollipop race--Classic Only
1:15	1.5 km	1st and 2nd grade--Classic Only
1:30	2 x 1 km	3rd/4th grade duathlon format
2:00	2 x 1.5 km	5th/6th grade duathlon format
2:30	2 x 2 km	7th/8th grade duathlon format
2:50	2 x 2 km	Parents/Older Siblings/Masters
3:30	Awards, hot chocolate and cookies	

