

# LAPHAM LOPPET MIDDLE SCHOOL 3K FREESTYLE RACE

## Saturday January 14, 2023

### 9:30 AM 3K Freestyle Race Start



## Lapham Peak Unit of the Kettle Moraine State Forest

Hosted by the Peak Nordic Ski Club Middle School Team  
and The Friends of Lapham Peak

### RACE INFO:

- 1) RACE CONTACT: Sam Edwards, samueljamesedwards@gmail.com, 505-615-2469
- 2) RACE ORDER: 5-8<sup>th</sup> Grade Boys Race First, 5-8<sup>th</sup> Grade Girls Race starts 2 minutes later.
- 3) COURSE: Our goal is to have the highest quality course and race experience we can provide for your teams given whatever mother nature throws our way and the artificial loop at Lapham can provide, please be patient as the official course, distance, start method (interval vs mass, time between boys and girl start, number of lanes, etc.) will be determined and communicated to coaches as soon as we are able.
- 4) INDIVIDUAL AWARDS: Top 3 Males and Females in 7-8<sup>th</sup> , and 5-6<sup>th</sup> Grade.
- 5) SCORING: Teams are 5-8<sup>th</sup> Grade combined. 1<sup>st</sup> 3 finishers for each team for the Boys and the Girls Races for team awards, 4<sup>th</sup> will be the tie breaker. Award for winning Girl and Boys teams.

### MIDDLE SCHOOL ROSTER/SIGNUP:

- 1) DUE DATE: Rosters are due Wednesday prior to the race at 8pm
- 2) DELIVERY: email to Sam Edwards, samueljamesedwards@gmail.com
- 3) FORMAT: Please use email, excel, word, notepad or a pdf to submit the roster.
- 4) INFORMATION TO INCLUDE: Team Name; Coach Name, Email, Phone for Calling and Mobile Phone for texting if different; Athlete Last, First Name; Gender, Grade.
- 5) WAIVERS: Each Middle School racer will be required to provide a waiver prior to racing.
- 6) HIGH SCHOOL? - High School skiers should be skiing the 11K Lapham Loppet. They may sign up using the attached form on the day of the race or online. More info is at: [Skiing – Friends of Lapham Peak Unit – Kettle Moraine State Forest \(laphampeakfriends.org\)](https://www.skiing-friends-of-lapham-peak-unit-kettle-moraine-state-forest.org). If you have a high school skier for whom the 3K Middle School race is best (i.e., beginner, other as appropriate), please let me know the situation. In situations where they are permitted to ski in the MS race they will not be eligible for MS race awards or team scoring.

### RACE PACKET AND FEES:

- 1) RACE PACKET: Your team race packet will be available around 1 hr prior to race start.
- 2) FEE: \$5 per skier (check to "The Friends of Lapham Peak" or cash). Pay race day.