



## RACER INFORMATION BOOKLET

10<sup>th</sup> Annual SISU Ski Fest

Presented by Aspirus

Ironwood, Michigan

January 11th, 12th & 13<sup>th</sup> 2019

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"The little blue bus"



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*And to ALL of our Partners and Volunteers!*

# Weekend Schedule

## 2019 Event Schedule - All Times are CENTRAL TIME

Event	Event location	Friday	Saturday	Sunday
Depot Dash, kids 10 & under	Depot Park	4-5:30pm		
Registration, Bib Pickup & Ski Expo	Memorial Building	4-10pm	8am - 4pm	
31K SISU	ABR		9:50	
15K Heikki Lunta	ABR		11:00	
Racer Food & Door Prizes	Memorial Building		12-3:30pm	
5K Fun Ski	City Garage		1:00pm	
Awards Ceremony	Memorial Building		1:30pm	
Fat Bike Event	Snow Summit Rd			11:00

### Registration & Bib Pick-up

ON LINE - Pre-registration via our web site, [sisuskifest.com](http://sisuskifest.com), is encouraged. 31K & 15K registration closes Friday, at midnight.

ON SITE - On-site registration, check-in and bib pickup will again be held at the historic Ironwood Memorial Building (213 S. Marquette St) this year (see maps for location), SISU Ski Fest's official race headquarters, Friday evening from 4-10pm. Bib pickup continues Saturday morning until on hour before your race. Identification must be brought to registration. 5K Fun Ski registration continues Saturday, 8-11am.

### Changing Races

You may change races or techniques by e-mailing Morgan at [registration@sisuskifest.com](mailto:registration@sisuskifest.com) or in person at the registration booth at the Memorial Building up until 10pm Friday. There is a \$5 charge.

### Cancellation Policy

In the event of extreme weather conditions, check the SISU Ski Fest website at [www.sisuskifest.com](http://www.sisuskifest.com). Facebook page, or listen for updates on local radio stations. Race policy states that extreme weather may force delay or cancellation of the event. The decision of the race jury will be final. Racers will receive their participant gift, if picked up in person from Indianhead Motel, or they can be mailed upon request with payment for postage.

# General Information

## **Ski Expo**

The Ski Expo will take place at the Ironwood Memorial Building in conjunction with registration and bib pick-up Friday evening from 4:00 - 10:00pm and on Saturday from 9:00am - 4pm.

## **SISU Store**

Look for the SISU Store at the Expo. We will be selling 2019 tee shirts, SISU notecards, SISU jewelry, and prior year's shirts and hats.

## **Parking & Transportation**

### Friday Events

**Depot Dash** - There is parking at the Depot Park.

**Expo** - There is parking on the streets surrounding the Memorial Building.

### Saturday Events

All participants must carry their skis vertically while boarding, riding and disembarking in a safe and controlled fashion.

**15K & 31K Races** - Gogebic County Transit's "little blue buses" will run from 8:15am until 4:00pm between the bus station at 235 E. McLeod, kitty corner to the Ironwood Memorial building (see maps) to the start areas. Ironwood school buses will also help transport racers to the starting lines. Buses will depart every 10 minutes until event start times. Parking is available throughout the downtown Ironwood area and parking lots will be marked "SISU PARKING." Limited parking is available at ABR. It is strongly recommended that you park downtown and use the shuttle bus. It is only a 10 minute ride to the starting area but expect wait times of at least 20 minutes as busses board and depart. Plan to arrive at ABR 30 mins to an hour before your start time. The bus depot will be open and serving coffee and cookies so you can stay warm while waiting for your bus.

Please give yourself plenty of time to get to the start line.

**5K Fun Ski** - Participants will be bused to the City Garage from the bus station between 12:15 and 1pm by the "little blue buses." There will be some parking available at the City Garage. You may take the shuttle bus from the 'Finnish' Line back to your car at the City Garage before 4pm.

After noon and until 4pm, there will be bus service back and forth between ABR and the bus station, but on a more limited basis.

### Sunday Events

There is no bus service on Sunday. Carpooling is encouraged where possible.

## **Lost & Found**

Lost & Found is at the Memorial Building at the Registration/SISU Store area on Saturday until 4pm. Please email **SISUSF@IOITWX.COM** with description to report any lost items at a later date. If found, we will gladly reunite you with your item in person or by mail, at your expense.

# 2019 Event Details

## Friday, Jan 11th

**Depot Dash** at the Depot Park; 4:00 pm - 5:30pm. This is a free event for children age 10 and under to enjoy what may be their first time on skis. Ski equipment will be provided or bring your own. Volunteers will be on hand to assist. Hot chocolate, cookies, and a small bonfire add to the festivities.

## Saturday, Jan 12th

**SISU 31K Race**  
**Heikki Lunta 15K Race**  
**Hauska Hiihto 5K Fun Ski**

### SISU 31K

TECHNIQUE	WAVE	START TIME
Classic	Elite	9:50am CST
Freestyle	Elite	10:00
Freestyle	Wave 1	10:05
Freestyle	Wave 2	10:10
Freestyle	Wave 3	10:15
Classic	Wave 1	10:20
Classic	Wave 2	10:25

### Heikki Lunta 15K

TECHNIQUE	WAVE	START TIME
Classic	Wave 1	11:00am CST
Freestyle	Wave 1	11:10
Freestyle	Wave 2	11:20
Freestyle	Wave 3	11:30
Classic	Wave 2	11:40
Classic	Wave 3	11:50

### 5K Fun Ski

TECHNIQUE	START TIME
Classic & Freestyle	1:00 PM

*Start times listed are Central Time and are subject to change.*

Wave placement will be determined by race officials based on qualifying times submitted by racer prior to race.

Please bring any wave placement issues to our attention for discussion prior to the race.

## Participant Bibs

31K bibs are 3 digits, 15K bibs are 4 digits, all in the 1000s, red for women and black for men, labeled for Classic and Freestyle. Wave numbers are written on the front of the bib.

5K Fun Ski are 4 digits, in the 3000s, small running bibs, open technique so no difference between skate or classic.

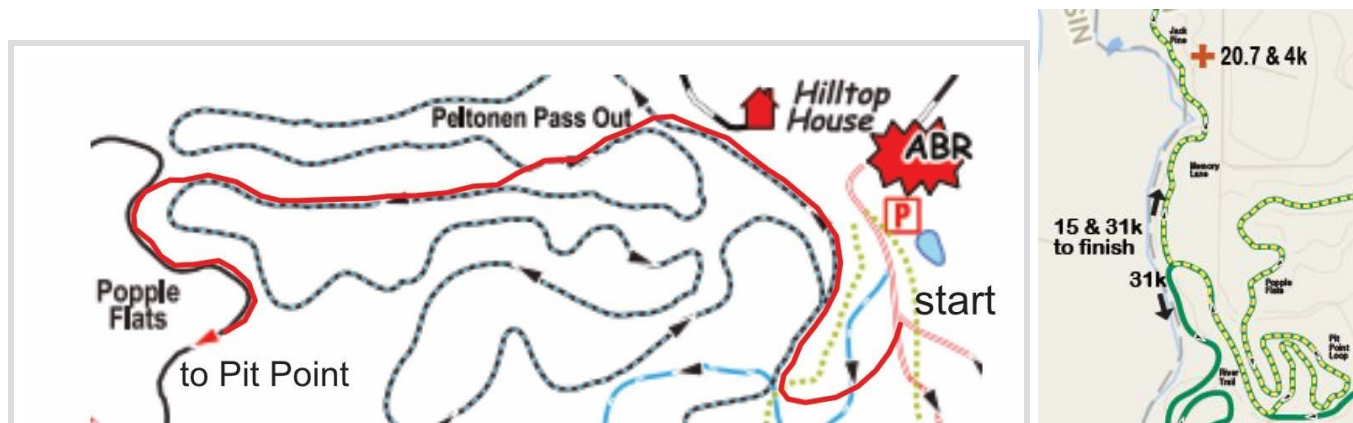
## Bag Drop & Changing Facilities

Bag drop service will be provided to 31K, 15K, and 5K skiers. We will be providing large tags with your bib number at registration to attach to your bag, color coded for your event: blue for SISU 31K, red for Heikki Lunta 15K, manilla for Hauska Hiihto 5K. Skiers are responsible for getting bags to the bag drop area near the starting line of your event and trucks will bring them to the 'Finnish' line. Please use bags that can be closed securely to prevent snow from getting in and the contents from falling out. Race officials are not responsible for any lost or stolen property.

Bags may be claimed at Main St Fitness across the street from the 'Finnish' Line, where you may change your clothes, take a shower and use the sauna. PLEASE BRING YOUR OWN TOWEL IF YOU PLAN TO SAUNA OR SHOWER. Changing facilities are also located at ABR Trails and showers are also available in the lower level of the Memorial Building, TOWELS NOT PROVIDED.

## Race Course

The race course begins at ABR Trails between the "Start" flags in the open field. Listen for the announcer to call your wave to the starting area and be on time, as each wave will start promptly and your time will begin when the gun goes off regardless of when you cross the starting line.



**1st 3K** Both the 31K and the 15K races follow the same course for the first 3K, proceeding from the starting lineup on Peltonen Passout to the Hilltop House, and then descending down Peltonen Passout. Expect a jog in the course towards the top of the descent as the race course begins on the first downhill, then traverses over to the second downhill (formerly Popple Plunge) for a steep but short descent with a straight runout. See map above. **Stay alert and use caution on this fast-paced portion of the race course.**

At approximately 3.5K the 31K race course takes a left turn on River Trail; whereas the 15K racers take a right towards Memory Lane. At approximately 19K the 31K race merges with the 15K race and both races follow the same course to the 'Finnish' line. See map (above, right).

Split times will be recorded at the River House Aid Station.

The Hauska Hiihto 5K Fun Ski starts at 1pm at the City Garage on Penokee Rd and will merge with the ski races for the last 5K. Racers should anticipate a variety of skier abilities and respond accordingly; wave placement and start times have been planned toward a smooth flow on the race course.

## Course Markers

K-Markers are on the right at chest height: blue for the SISU, red for the Heikki Lunta. Any potential wrong turns will have blue ribbon across them. Open areas are pin flagged with Pisten Bully red pin flags (do not cross any line of flags). Road crossing are narrow; we suggest double poling across; it is less destructive to the thin snow covering the road.

## Cut-Off Times

All racers who reach the River House Aid Station (approximately the 21K/4K mark) after 1:00 pm will not be allowed to continue. Race officials will collect their bib and they will not receive a finishing time. We will transport them back to the "Finnish Line" on our "little blue buses." Likewise, skiers must reach the City Garage Aid Station by 2:00, and cross the 'Finnish' Line by 3:00. A sweep by snowmobile will follow the last skier.

## Dropouts

Individuals who are not able to complete the course for whatever reason must inform the volunteers at the aid station or at the 'Finnish' line and provide them with their bib number and name. Transportation back to the "Finnish Line" will be provided by the "little blue bus."

## Course Etiquette

**Double Pole Start:** We will double pole the first 100 meters to optimize a clean start. Avoid entanglements with other skiers by staying compact and waiting to assume a full technique until it is safe to do so.

**Respect the Tracks:** All courses will be set with classic track for the entire length. Skaters, please do not stake across the tracks if at all possible!

**Passing:** Use your voice when passing to alert the skier you are passing, then do your best to pass quickly. Conversely, when being overtaken by a faster skier, move out of the way and double pole if possible to allow the faster skier to pass. If in the tracks and you hear "Track!" behind you, move out of the tracks to allow the faster skier to pass, then move back into the tracks. If you want to pass someone in the tracks, either yell, "Track!" or move out of the tracks and overtake the skier in front of you.

**No Snowshoes:** Snowshoes are NOT allowed on the race course, not even in the 5K Fun Ski.

## Food and First Aid Stations

Five aid stations are located approximately every 6-9K on the course for the 31K and 15K races. Water, HEED energy drink, Hammer gel, bananas and cookies along with First Aid, and spare ski poles will be available at each station. All aid stations are manned by National Ski Patrol volunteers, local volunteers and service club members.

1. Highlands Aid Station #1: 6.5K, porta-potty
2. Highlands Aid Station #2: 15K, porta-potty
3. River House Aid Station: 20/4K, pit toilet & porta-potty
4. City Garage Aid Station: 25/10K, porta-potty
5. 'Finnish' Line Aid Station: 31/15K, porta-potty

## Post-Race Food

Food will be available for all participants at the Memorial Building following the events on Saturday. Come and enjoy some hot Mojakka (Finnish stew), pasties, cookies, beverages and camaraderie with friends after the race. We encourage your family and friends to attend the post-race party realizing the food being served is first and foremost for the participants. Downtown restaurants will be open and serving food throughout the day.

## Door Prizes

Door Prizes will be by random drawing of the bib numbers that have been picked up by noon on Sat. Winners will be posted on or near the stage at 1pm and must be claimed in person prior to 4pm Sat. Prizes will not be mailed. Door prizes are all donated. Thank you donors!

## Spectators

Friends and family are encouraged to spectate along the course. Bring cow bells or other noise makers to cheer on the racers. Five spots accessible by car have been designated as spectator spots on our maps.

1. The starting line at ABR - parking is available. Watch the skiers take off and go up Peltonen towards the Hilltop House.
2. Kinnunen Rd - There is a small parking lot at the end of the road, very close to the race course. Cheer the SISU 31K racers as they approach the 11K and again as they approach the 12K marks.
3. River House Aid Station - Park along the road, and cheer on the skiers as they stop at the aid station at about the 20/4K mark. There is a porta-potty on location.
4. Norrie Park Rd - Cheer on the racers at the 22/6K mark. NOTE: the race course crosses Norrie Park Rd so you can only approach if from one side or the other and cannot drive across. Please pre-plan your driving route accordingly.
5. At the 'Finnish' Line. There is parking on the streets downtown. Congratulate finishers of all events as they complete their adventure. Porta-potties, indoor toilet at Main St Fitness, hot drinks and food at downtown restaurants within walking distance of 'Finnish' Line.

## Race Results & Split Time

Online registration again this year will be through Chronotrack Live. When you register online you can choose to be connected directly with your Facebook friends and Twitter followers so they can track your progress and race results in real time. Live Streaming SPLIT TIME - Automatically let your family and friends know that you only have 11K to go. Searchable real time results will be available on-line (smartphone, tablet and computer) and at the Memorial Building.

## Awards

1:30pm Saturday - Presentation of Awards, on the stage at the Memorial Building.

One of our sponsors, UP Fabricating in Negaunee, MI will once again create our signature freestanding metal cutout awards. Thanks Rick Kauppila and crew for 10 years of awesome awards!

### SISU 31K Race Prizes & Awards

Prizes for Overall Winners, Classic and Freestyle

1st Place Male & Female - \$200 and free entry into next year's SISU ski race.

2nd Place Male & Female - \$100 and free entry into next year's SISU ski race.

3rd Place Male & Female - Free entry into next year's SISU ski race.

5 Year Age Groups

Age Group Awards for top two finishers, Male & Female, Freestyle and Classic:

18-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79, 80 and older (based on race day age)

### Heikki Lunta 15K Race Prizes & Awards

Overall Awards for top three finishers, Male & Female, Classic and Freestyle

5 Year Age Groups

Age Group Awards for top two finishers, Male & Female, Freestyle and Classic:

13 and younger; 14-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79, 80 and older (based on race day age)

### Hauska Hiihto 5K Fun Ski

Timed, for your information, no awards. Enjoy a casual ski or challenge a friend!

## Saturday Night After Party at Historic Ironwood Theatre

6:00 - Doors Open, Kelly's Bar (wine & beer) & concession stand open - cash required.

6:15 - 6:45 - Go down memory lane with the 2010 SISU Ski Fest slide show.

7:00 - 8:45 - Conge se Menne concert

SISU Ski Fest is a sponsor of this show! **Free admission for everyone.** Come and go as your evening schedule allows.

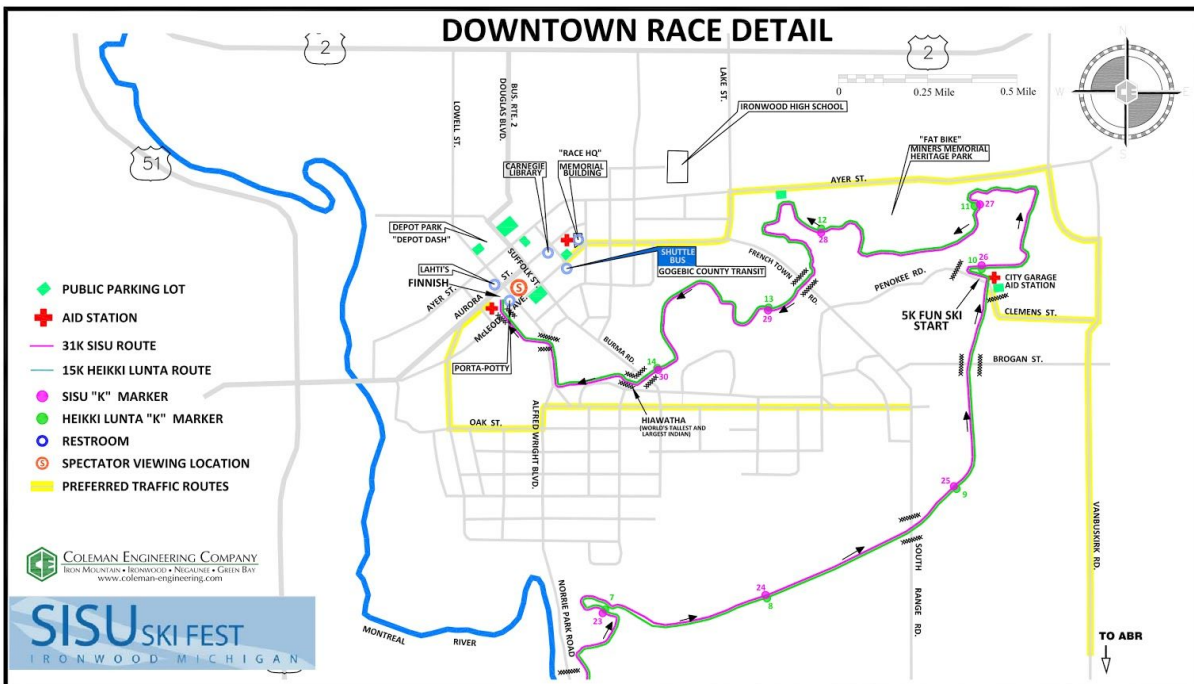
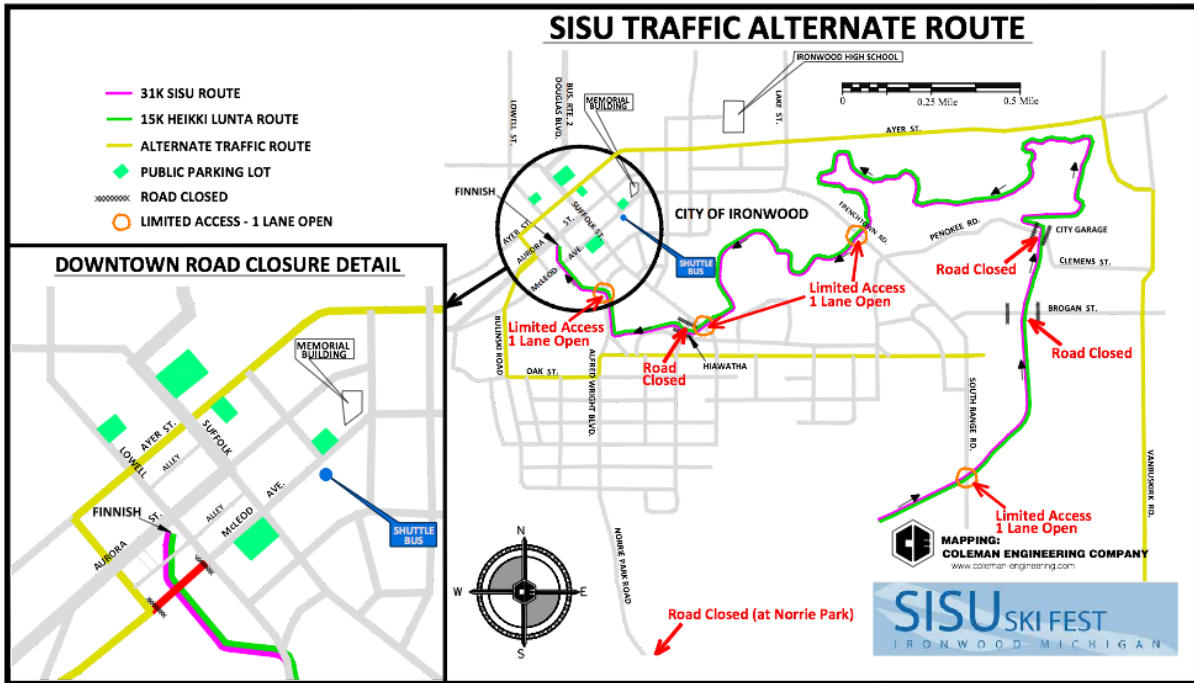
Reggae meets Finland, eh? Take a multicultural vacation with **Conga Se Menne**. Formed in 1994 by Derrell Syria, Conga Se Menne takes Syria's original compositions and songs, arranges them utilizing elements of both Finnish traditional music and Jamaican reggae, adds in comedy lyrics about "Yoopers" and other facets of U.P. life, and performs them on guitar, bass, keyboards and percussion instruments (and occasionally horns). Whew.

## Sunday Jan. 13, 2016

### Fat Bike Demo & Try Out the Trails

This is a free event hosted by the SISU Dirt Crew, our local mountain biking club. Bikes will be provided by Hobby Wheel, Ironwood or bring your own and try out our trails. Volunteers will be on hand to assist and instruct in how to ride a snow bike. We will ride on the Wolverine fat bike trails from the Snow Summit Road trailhead, located off Powderhorn Rd. Helmets will also be provided and are mandatory.

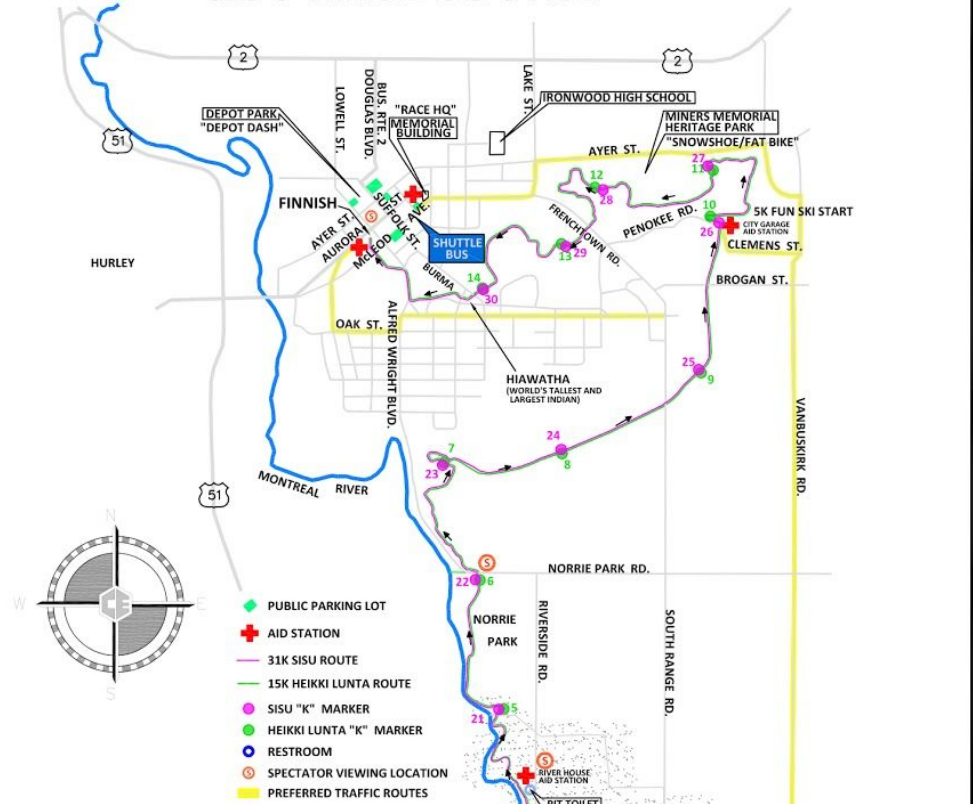
# Maps





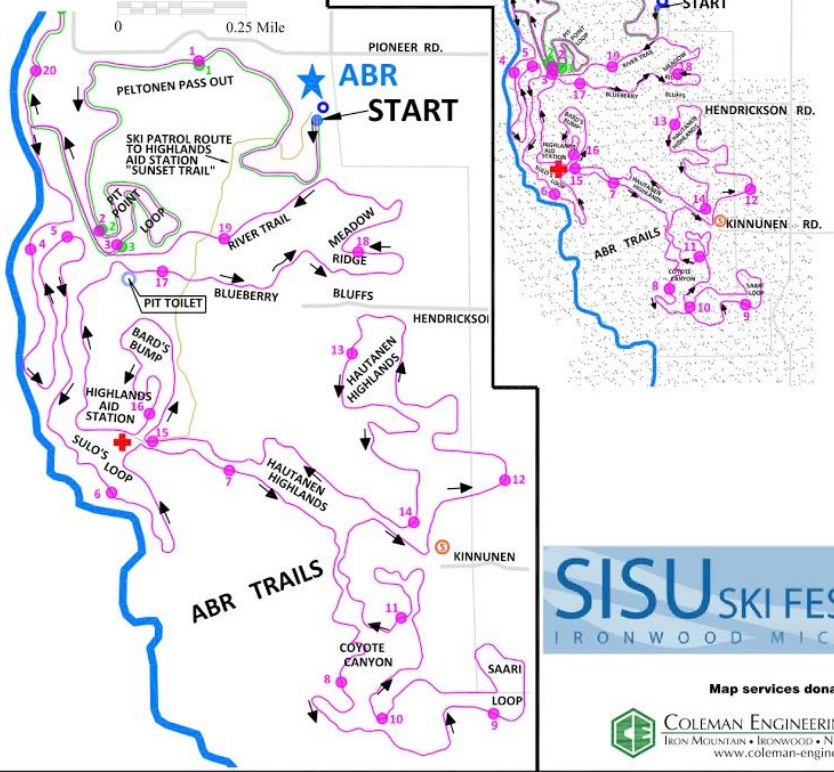
# SISU RACE COURSE

0 0.5 Mile 1.0 Mile



## ABR DETAIL

0 0.25 Mile



**SISU** SKI FEST  
IRONWOOD MICHIGAN

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