



King Vasa Speaks

Race Information 2017

Welcome to the 41st Annual North American Vasa Festival of Races!
Presented by Short's Brewing Company.



Start/Finish Area

Race Headquarters for Saturday and Sunday races, late registration, packet pick-up, and Vasa Pasta Feed are located at: **TIMBER RIDGE RV & RECREATION RESORT**

4050 E Hammond Road, Traverse City, MI 49696. Registration is in the main lodge, and the Vasa Pasta Feed is in the Banquet Hall next door.



PARKING

Parking is available inside Timber Ridge's plowed parking lots. **Vehicles parking outside the resort on residential streets may be towed and ticketed if they block mailboxes or drive-ways, or impede the passage of emergency vehicles.**

REGISTRATION/PACKET PICK-UP HOURS

Timber Ridge Resort Main Lodge Building
Friday, Feb. 10, 12 noon to 9:00 pm
Saturday, Feb. 11, 7:00 am to 12:15 pm
Sunday, Feb. 12, 7:00 to 10:00 am

FUEL UP AT THE FRIDAY PASTA FEED!

The Vasa Pasta Feed is in the Banquet Hall next to the main lodge at Timber Ridge, 5-8:00 pm on Friday. Cost is \$12 for adults and \$6 for kids 12 and under. Fare includes all you can eat pasta from Kelly's Catering with meat and vegetarian sauces, salad, Pleasanton Bakery bread, dessert and beverage.

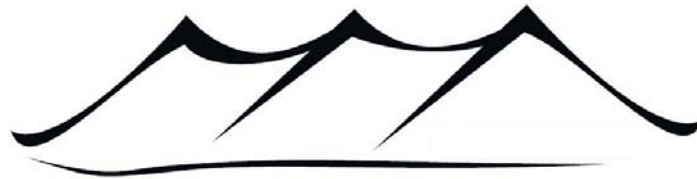
CHANGING AREAS - BAG DROP - SATURDAY RACES ONLY

Changing areas and the bag drop are located in the Banquet Hall. Bags will be supervised during the race. Racers will receive two tags to write their bib number on at registration. One tag is for the post-race clothing bag to be checked in at the bag drop. The second tag is for your bag of warm ups that you may leave at the start just prior to your race. These bags will be taken to the bag drop area where you can claim both bags after your race.

PHOTOS

Our official photographer, Roger Hagerman and his team, will be taking photos at the start and finish areas. These will be posted on our Facebook site and are available for sale. You are also invited to share your event photos with us. Send photos to vasainfo@vasa.org, or post them on our Facebook site.

Event Tent



Our cozy Event Tent will be located near the Banquet Hall. You and your family and friends are encouraged to join us there for food, drink, awards, and festivities throughout the day. Thanks to American Rentals for their help with the tent, and Team Bob's and Tri-Gas of Traverse City for providing heat for the Event Tent.

POST-RACE REFRESHMENTS

Your race bib or volunteer hat will allow you access to post-race food in the Event Tent. Others can purchase food for \$5. Thanks to **Cherry Republic**, whose snacks will be available for all racers and spectators, as well as **Pepsi** products donated by Pepsi Bottling Company. **Great Lakes Potato Chips** will also be served and **Rocco's Old World Pizzeria Food Truck** will be parked near the Event Tent if you want to purchase pasta recovery food. **Short's Brewing Company** will have craft beers and cider available for purchase at \$5 per glass to those with proper identification. Beer sales and consumption will be limited to the Event Tent.

FREESTYLE AND FAT BIKE AWARDS - SATURDAY

The Saturday awards program will begin at 11:00 in the Event Tent. The 42km fat bike race awards program is at 3:00 pm and 10km fat bike awards are at 3:30 pm. The top three overall finishers for each race will be recognized on the podium. Age group winners will be invited forward to be recognized. Annual pins will also be available in the Event Tent. Unclaimed age group medals will not be mailed.

CLASSIC AWARDS - SUNDAY

Awards on Sunday will begin soon after the conclusion of the races. Awards will be announced for the top three overall finishers in each of Sunday's races. Age group winners will be invited forward to be recognized. Annual pins will also be available in the Event Tent. Unclaimed age group medals will not be mailed.

Race Information

BIBS

Make sure your bib is visible on the front and back, and has your electronic timing tag affixed on the front side. Note: Junior Vasa skiers, adaptive skiers and Short's Short Tour participants do not have electronic timing tags. If you encounter or become an injured racer, you will find the **VASA MEDICAL HOTLINE number (231.463.9576)** on your bib.

START & OFFICIAL TIMING

There will be a timing pad at the start to record all starters. Electronic timing will record finish time at the finish line. Again, youth and adaptive skiers are reminded that they are responsible for timing themselves.

48km skiers must finish the first leg and be back to the Timber Ridge aid station by 12:00 or they will be pulled from the event. This cut-off is necessary to assure a reasonable race completion time, and is a courtesy to our aid station and emergency personnel who spend the entire day on the course.

SKI STYLE

Saturday Events: Saturday's races are all freestyle. The course will be tracked, but since it's a freestyle race, the tracks do not need to be avoided by racers. Classic skiers are welcome to join the freestyle races, but they will be timed with the freestyle skiers.

Sunday Events: All Sunday events are classical style only. Skiers are expected to ski diagonal stride throughout the race. Please, no skating or you may be disqualified!

AID STATIONS

Each Aid Station (noted on race maps) will provide Gatorade and water as well as bananas and oranges.

SPARE SKI POLES: A limited number of ski poles are available at aid stations. Please return borrowed and orphan poles to Timber Ridge.

MEDICAL SUPPORT

Medical support is provided on the trails by the National Nordic Ski Patrol (NNSP), and by medical personnel in the medical tent near the finish line. If you encounter an injured racer, stop and ask if help is needed. If so, call the **VASA Medical Hotline at 231.463.9576**. If you don't have a phone or signal, then notify a NNSP member or aid station volunteer. They will need to know the racer bib number and location. If you approach medical personnel attending to a downed racer, please give them a wide berth. If you become injured, call the **VASA Medical Hotline at 231.463.9576**. This phone number is printed on each race bib.

DROPPING OUT

If you are unable to complete the race, report to the nearest food/aid station or NNSP member and give them your bib number. OR, report to the medical staff at the finish line.

Any skier who exits the course without giving notice will be charged for the resulting search and rescue.

COURSE MAPS

Course maps for Saturday and Sunday are posted online at www.vasa.org and will be on display at Timber Ridge's Lodge as well as in your race packets. The course is the reverse of previous courses so make sure that you are familiar with it!

JUNIOR VASA

Junior Vasa skiers must be pre-registered inside the lodge on Friday from Noon to 6:00 or Saturday from 9:30—11:00. The fee is \$5 per skier and a parent signature is required. Registration forms are available onsite. Fees will be waived for those who participated in WeSki.

ADAPTIVE SKIERS RACE ON SATURDAY

For more than 20 years, the Adaptive Skier Program encourages young adults with a range of mental and physical disabilities to challenge themselves to ski distances up to 12km. If you pass racers and guides in distinctive green jackets, cheer them on!

FAT BIKE RACES ON SATURDAY

All tires must be 3.7 inches or wider and properly inflated. Absolutely no ear buds are allowed. The 42km course is a 2-lap race. The short race is a 10km 4-lap race over a short course. The fat bike courses will be marked with red arrows and the long race will have a course marshal at the split. There will be one aid station per lap in the 42km race.

PROTESTS

Protests must be submitted to the Race Director at the finish line within one hour of completing your race.

Carbo load at the Vasa Pasta Feed



Friday, February 10th, 5:00-8:00 pm
Timber Ridge Banquet Hall

Fare includes all you can eat pasta, with meat and vegetarian sauces, salad, Pleasanton Bakery bread, dessert and beverage.

\$12 for adults, \$6 for kids 12 & under

See you there!

Wave Assignments

Saturday Races			
Event	Style	Wave	Start time
48Km	Freestyle	1	9:00 am
48Km	Freestyle	2	9:05 am
11Km	Freestyle	3	9:10 am
11Km	Freestyle	4	9:15 am
6Km Male	Freestyle	5	9:20 am
6Km Female	Freestyle	6	9:25 am
6Km Tour	Freestyle	7	9:30 am
Adaptive skiers	Freestyle		9:35 am
28Km	Freestyle	8	10:00 am
28Km	Freestyle	9	10:05 am
28Km	Freestyle	10	10:10 am
Jr. Vasa, age 5-7		15	11:30 am
Jr. Vasa, age 8-9		16	11:40 am
Jr. Vasa, age 10-11		17	11:50 am
Jr. Vasa, age 12-15		18	12:00 am
42Km	Fat Bike	11	12:30 am
10Km	Fat Bike	13	12:45 am

Sunday Races			
Event	Style	Wave	Start Time
34Km	Classical	1	9:00 am
34Km	Classical	2	9:05 am
16Km	Classical	3	9:15 am
16Km	Classical	4	9:20 am
16Km	Classical	5	9:25 am
6Km Male	Classical	6	9:30 am
6Km Female	Classical	7	9:35 am
6Km Tour	Classical	8	9:45 am

More To Know

LOST, FOUND, LOANED

When possible, clothing and items left or borrowed at aid stations will be returned to Timber Ridge. Lost and found, and borrowed items should be brought to the Timber Ridge Lodge.

OFFICIAL RESULTS

Saturday's and Sunday's unofficial results will be available on Touch Pads in the Event Tent. Results will also be posted on www.vasa.org, and will be printed in the Sunday and Monday editions of the Traverse City *Record-Eagle*. Timing is provided by Newton Timing and Race Services.

ANNUAL PINS

All finishers of events 11Km and longer will receive a souvenir Vasa pin showing the number of Vasa races completed. After finishing, pick up your pin inside the Event Tent.

KING VASA'S VIKING CLUB

The 2017 North American VASA honors skiers who have completed 20 or more 27km or above Vasa races with membership in the King Vasa Vikings Club.

COURSE SIGNAGE

Our crews have signed the course, including fast downhill, sharp turns, road crossings, etc. Be especially alert at power lines and road crossings. These will be marked with CAUTION signs. There will be decals on km signs to indicate the distance for races, with colors that are consistent with the bib colors for each race. The km markers will count up, indicating how far you have come. The fat bike races will be marked with red arrows.

VASA WEB STORE

The North American Vasa now has a web store, with some very classy Vasa logo clothing for sale! Specially designed jackets, a lined wind buster vest, a hat and a technical tee shirt are available for purchase. Check them out at www.vomax.com/navasa. For sizing purposes, samples will be available to try on during registration in the lodge and later in the Event Tent.

NEW THIS YEAR! VASA CLOTHING DESIGNED BY 231 LOCAL

231 Local is an area clothing business that will have some cool Vasa threads to purchase. A portion of the sales goes back to the Vasa for its equipment maintenance fund.

***Thank for being a part of our celebration
of 41 Years of the North American Vasa!***

Special Thanks To...

Short's Brewing Company for their title support of the North American Vasa



The team at Timber Ridge, host of the North American Vasa



The DNR for their support of forest recreation



The dedicated Trail Grooming Team from TART, Jim Heffner, Chief of Course, and NMMBA



And to the hundreds of volunteers whose help makes the North American Vasa possible!

We are grateful to all our sponsors

Shorts Brewing Company—Title Sponsor
Cherry Republic—The Official Snack of
the North American Vasa

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Announcing booth donation-
By Jerry and Sharron Glenn

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Special thanks to:
Bayshore Marathon
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Thank you for supporting our sponsors