



## **Springloppet (well known as Winterloppet)**

### **+ Candy Cup # 4**

**Saturday, March 6<sup>th</sup>, 2010, Sugar Hills Ski Trails/ Itasca County**

**Distance:** Springloppet: 24k Skate, 12k Skate, 12k Classic

Candy Cup: 3k, 1k, 300m, 100m Freestyle

**Age groups for Springloppet:** 18 years old and under,  
men and women 19-39,  
masters men and women 40+

#### **Age groups and distances for Candy Cup:**

4 year old and under (100m), 5-6 years old (300m), 7-8, 9-10  
and 11-12 years old (1k), 13-14 years old (3k)

**Schedule:** 10:15 AM Registration opens, bib pick-up

11:00 AM 12k Classic Race

11:20 AM Skate 24k + Skate 12k

1:00 PM Candy Cup

**Entry Fee: Springloppet** \$ 25.00, 18 years old and under \$15.00

**Kid's Race / Candy Cup** \$5.00

**Registration:** Race day at Sugar Hills. Registration form and schedule available at [www.MtItasca.com](http://www.MtItasca.com) Please pre-register by sending the entry form to [pcervenkova@hotmail.com](mailto:pcervenkova@hotmail.com).

#### **Directions:**

*From South: 169 North 10miles - after Hill City left on 17 - than 2.5miles left on CR 449 up the hill 3miles - Sugar Hills on your left.*

*From North: 169 South from Grand Rapids 5miles right on 17 - after 2.5 miles left on CR 449 up the hill 3 miles – Sugar Hills on your left.*

**Contacts: Vlad Cervenka – Race Coordinator, e-mail:**

[cervenkv@hotmail.com](mailto:cervenkv@hotmail.com) phone: 218 256 8323

