

Good Evening Coaches!

Here are some last minute things for you as we prepare for Saturday's ABC's Invitational Relays.

First, please make sure that you get your A and B relay teams to Charlie Rietschel by noon Thursday, January 13: [charles.rietschel@ahschools.us](mailto:charles.rietschel@ahschools.us). Bib pick up will be at the Maintenance Garage (where we meet for the Fall Coaches Meeting) starting at about 8:30, which will not be used for team camps. Line up changes can be made the day of the race if needed.

Second, Buses MUST park on the roads in the Eldris Neighborhood (just east of the Nordic Center, please see attached map) and be used for team camps. All spectators/vehicles can park in the nordic center lot. NO ski buses or spectators will be allowed at the elementary- there's a wrestling tourney that will have around 1500 people at, so way too many wrestlers over there and no good way to hike to the trails except through the deep snow. The Nordic Center lot will be made as big as possible- there may still be a bit of a manmade pile there- so please, coaches keep your athletes off of it, they're worried about somebody getting hurt. Your team bus will be your main place for your team camp unless the weather is colder, in which case a third building will be opened to help keep athletes warm. But there will not be any team camps in the Vasaloppet Center nor the Maintenance Garage.

Third, for your parents/fans/coaches that would like to be out on the course, there will be an area in which to park on the north end of the course off of County Road 70. On the map it is near #4.

Fourth, time schedule. We will have a Coaches meeting at 9:00 in the start/finish area. The first race will be the boys at 10:00, followed by the girls at 11:30. We will try to have the awards as soon as possible, so please make sure all names are in to help make this part run quickly, but plan for an award ceremony around 1:00 at the Vasa Center. If it is too cold outside we will hold them inside the Maintenance Garage.

Fifth, the restrooms in the Vasaloppet Center and the Maintenance Garage will be available, but we will also have porta potties available as well. Trailview Elementary will not be available for use.

Sixth, the course will be around 3.0 K long. The course is predominantly flat to easy rolling, but there are some short gradual climbs, but then there will be some more challenging hills in the last 1.25K to help separate the skiers.

Lastly, and sorry for the length of this, there will be T-shirts for sale again this year. The shirts will be \$10 and will be sold in the maintenance garage. There will also be various concession items sold.

Thanks again for being a part of the ABC Relay's and if there are any questions, please let me know. This info is being shared in a doc for you as well, please lane assignments and a map of the course (in red).

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Coon Rapids Nordic Skiing  
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## **ABC Relay Teams and Lane Assignments**

Lane 1: Mpls Washburn  
Lane 2: Armstrong - pd  
Lane 3: Champlin Park - pd  
Lane 4: Coon Rapids - pd  
Lane 5: Spring Lake Park - pd  
Lane 6: Andover - pd  
Lane 7: Blaine - pd  
Lane 8: Winona  
Lane 9: Anoka - pd  
Lane 10: Mora  
Lane 11: Math and Science  
Lane 12: Sartell/Cathedral - pd

### **Start Line Set Up**

Lane 12: Sartell/Cathedral  
Lane 10: Mora  
Lane 8: Winona  
Lane 6: Andover  
Lane 4: Coon Rapids  
Lane 2: Armstrong  
Lane 1: Mpls Washburn  
Lane 3: Champlin Park  
Lane 5: Spring Lake Park/St Anthony  
Lane 7: Blaine  
Lane 9: Anoka  
Lane 11: Math and Science Academy

# Vasaloppet Nordic Center Trails

400 N 9th St, Mora, MN 55051

All Trails Skating and Classical

Have a smartphone?  
Download the Trailforks App  
for a mobile map of the trails



## ABC Relays Map

Red= 3.1km relay course, runs

counterclockwise- start on  
East side of Nordic Center,  
tag/finish on West side of  
Nordic Center

Grey trails are groomed and  
available for warm-up etc.  
Eldris and the School Loop  
will be a good place to  
warm-up

