



## **SKIER HANDBOOK**

Go to [www.meccatrails.com](http://www.meccatrails.com) for a link to registration, trail conditions, and information about MECCA Trails.

### **Schedule of Events**

Early Packet Pick Up the Tap House, Friday, January 16<sup>th</sup>, 4-7pm.

2040 Saarnio Rd, Mercer.

Packet Pick Up Saturday, January 17, 8:30-9:15 am. at the MECCA Chalet on Fierick Road in Mercer, WI.

## **Race schedule start times**

9:30am - 30k skate followed by 30k classic.

9:35am - 20k Skiathlon.

9:40am - 15k skate followed by 15k classic.

9:45am - 5k skate or classic.

Note: Winterfest will use a European Interval start format, sending athletes out of the gate individually at 20 second intervals.

## **Post Race**

The post-race gathering and socializing will be in the new heated equipment building, where athletes will be served a Rigoni's pasty lunch, beverages and other goodies sure to please. Awards will be distributed at that time.

## **Parking**

Amble parking will be available near the MECCA Chalet; starting area. Simply arrive at the chalet on Fierick Road and attendants will be available to direct you accordingly.

## **Bag drop and waxing stand**

A bag drop area and waxing stand will be available if athletes choose to use it. A changing room is also available in the chalet.

## **Warming shelter**

Athletes and fans are welcome to access the new equipment building/ warming shelter prior to and after the race. It is 20 meters west of the start line, so a perfect place to gather before and after the race.

## **Water/Food stops**

The 30K skiers (and 15K skiers for their portion of the race) will have access to water/food stops at KM numbers 8, 11, 15, 23, and 26. Water, Gatorade, and Honey Stinger Energy Gel will be available at all stops. Plus banana bites will be available at KM15. Athletes doing the Skiathlon will have water/food stops available at KM 7, 10, and 17 that will also include water, Gatorade, and Honey Stinger Energy Gel. Clare d'Loon 5K skiers will not have access to water/food stops on the course, but will be available at the start/finish area.

30K skiers that wish to carry their own hydration on the course may also take advantage of the water bottle exchange. Simply leave a prepared water bottle, labeled with your name and bib number, at the chalet prior to race and it will be immediately handed to you at 15K water stop as you take off on your second lap.

## **Course**

The course is very well marked with guiding signs at every intersection. 5K skiers will be guided by the red signs, 15K skiers the green signs, 20K skiers the yellow signs and 30K the blue signs.

## **Volunteers**

Skier assist volunteers will be placed throughout the course including at the bridge across the Little Turtle River, the Flowage Trailhead, and snowmobile crossings. After each race starts a volunteer will also follow behind the skiers to provide assistance if necessary. Additionally, Emergency service personnel will also be on site. Volunteers are generally easily identified as they will be wearing a blue/black/white Winterfest stocking cap.

## Races

**Clare d'Loon 5K:** This popular race is a favorite among young skiers, families and first time racers. Skiers can either skate or classic. Awards will be presented to the top 3 male and female students and top male and female adults.

**Flowage 15K:** This race showcases most of the MECCA trail system. The course goes through upland hardwoods and pines, spruce and cedar wetlands, and crosses the Little Turtle Flowage. Skiers may choose to compete in either classic or skate techniques and prizes will awarded to both the top male and female finishers, plus the fastest female and male finishers in age categories: up to 19, 20's, 30's, 40's, 50's, etc.

**Turtle River Skiathlon 20K:** This a new event for Winterfest and is proving to be very popular. Skiers will complete the first 10K classic style and then skate ski the second lap to the finish. Directly behind the chalet skiers will find the staging area for their skis or other resources. Staging areas will not be assigned, skiers are invited to simply claim one for their use. Prizes will be awarded to the top overall female and male finishers, plus age groups winners, both female and male, in categories: up to 19, 20's, 30's, etc.

**MECCA 30K:** The MECCA 30K is designed to be a more serious challenge to the skier. It is designed for skiers who intend to finish the event in less than 4 hours and 30 minutes. The race is two laps and follows the same course as the Flowage 15K. Grand prizes will be awarded to the top overall female and male finishers plus age group winners, both female and male, in categories: up to 19, 20's, 30's, etc.