

Giant's Ridge Relay/State Meet Trip– February 12th-14th, 2013

**Giant's Ridge, Biwabik, MN
Meet Information and Agenda**

State Skiers:

Nate Webster

Joey Martin

Breck Hickman

Relay Teams:

Boys 1

Ryan T

Dan J

Jake S

Tommy C

Boys 2

Ben V

Matt V

Michael T

Mitchell D

Girls 1

Reece H

Mallory A

Brittney D

Mary E

Girls 2

Maggie H

Shannon W

Ali M

Emma C

Accommodations: Rollie Ring-Jarvi (former coach) has generously provided his cabin for our accommodations. Many of the skiers have stayed there before. It is very comfortable and very convenient for our team, as it is only a couple of miles from Giant's Ridge. Make sure that you bring your sleeping bag and pillows!

Emergency Phone numbers:

612-501-1792

Coach K's Cell Phone

612-267-5857

Coach Martell's Cell Phone

Schedule

Tuesday:

2:40 PM - Depart ERHS

Dinner at Perkins in Cloquet

Approx. 8:30 PM – Arrive at Ring-Jarvi Cabin

Relay Schedule:

1:00 PM – Boys Relay

2:00 PM – Girls Relay

Wednesday:

Breakfast at Cabin

10:30 AM – Depart for Giant's Ridge

Relay Races – Ski State Skate Course After

4:30 PM – Back to Jarv's Cabin

Approximate State Schedule:

10:00 AM – Boys Skate

11:00 AM – Girls Skate

1:30 PM – Boys Classic

2:30 PM – Girls Classic

Thursday:

At Ridge by 9:00am ?? Cheer and Support our racers!!

Head home after the racing, quick stop for dinner in Cloquet (fast)

What to Bring

Pillow/sleeping bag/blankets

Toiletries

Towel

Ski Equipment (both types)

Money for Dinner on the way up (Perkins) and on the way home (quick and fast)

Cost: \$30 (relay fee, lodging, trail pass, breakfast & lunches)

Skis Race Suit

Boots Snack Food

Poles Dinner food for Wed (extra sandwich/lunch stuff available)

Bag Swim Suit for Sauna

Release Form: My son/daughter has permission to go on the Elk River Nordic Team's Trip to Giant's Ridge, in Biwabik, Minnesota on February 12th – 14th).

Print Student Name: _____

Print Parent/Guardian Name: _____

Emergency Contacts: _____ (____) _____

_____ (____) _____

Parent/Guardian Signature: _____

Date: _____