

## Giant's Ridge Relay/State Meet Trip– February 11<sup>th</sup>-13<sup>th</sup>, 2014

### Meet Information and Agenda

#### State Skiers:

Joey Martin                                      Breck Hickman                                      Brittney Dorn                                      Reece Hickman

#### Relay Teams:

<b>Boys 1</b> Karl G Colin W Aaron L Dan J	<b>Boys 2</b> Ben V Matt V Johnny T Jacob N	<b>Girls 1</b> Maggie H Ali M Tori M Mallory A	<b>Girls 2</b> Emma C Shannon W Hannah L Taylor N
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Alternate: Ben S

Alternate: Lydia C

Alternates will fill in for our team if needed and we will try and place them in an extra team if one becomes available at the Ridge.

**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
763-486-9677	Coach Litchy's Cell Phone

#### Schedule

##### Tuesday:

2:40 PM - Depart ERHS  
 Dinner at Perkins in Cloquet  
 Approx. 7:30 PM – Arrive at Ring-Jarvi Cabin

#### Relay Schedule:

1:00 PM – Girls Relay  
 2:00 PM – Boys 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 PM – 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	Skis	Race Suit
Toiletries	Boots	Snack Food
Towel	Poles	Dinner food for Wed (extra sandwich/lunch stuff available)
Ski Equipment (both types)	Bag	Swim Suit for Sauna

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

**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 Febuary 11<sup>th</sup> – 13<sup>th</sup>).

Print Student Name: \_\_\_\_\_

Print Parent/Guardian Name: \_\_\_\_\_

Emergency Contacts: \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
 \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_