

The Friends of Lapham Peak Proudly Present the

# Lapham Peak Junior Nordic Ski Series

7 Wednesday Night Events\* January 4<sup>th</sup>, 2023 through February 15<sup>th</sup>, 2023

**Location:** Lapham Peak State Park on Hwy. C in Delafield, WI, less than 1 mile south of I-94. Registration must take place prior to the start of the ski series. Race starts at the ski trailhead near the Evergreen Shelter.

**Course:** The distance course consists of one lap around the lighted ski trail, a 4.0 km (2.5 mi) rolling trail for High School. A 3.0 km (1.9 mi) inner-lighted ski trail avoiding the two big hills will be used for Middle School. Sprint races of shorter distances on the man-made snow loop may also be scheduled. Race course and technique will be announced on race night, or feel free to contact Mary Eloranta at 262-352-7411. A 1.2 km course will normally be used for the K-6 Advanced division and a 0.7 km course for the K-6 Beginner division.

**Technique:** The race series consists of alternating freestyle and classical technique races every week depending on snow conditions. Freestyle technique will be allowed on classical technique nights but will not count toward race placement awards. Any technique may be used for the K-6<sup>th</sup> grade division races.

**Classes:** Students from Kindergarten thru grade 12 can participate. Boys' and girls' divisions for grades 5-8 (Middle School) and 9-12 (High School) are offered. K-6<sup>th</sup> grade beginner and advance divisions will also be offered. 5-6 graders can choose Middle School or K-6<sup>th</sup> divisions. Awards will be presented to the winners of each division.

**Time:** High school Boys and Girls divisions at 5:15 pm followed by Middle school divisions. K-6<sup>th</sup> grade divisions at 6:00 pm. Please be ready to ski 10 minutes prior to race start.

**Fee:** Single race night entry fee of \$5 is available on a week-to-week basis. On-site registration and bib distribution begins at 4:30 pm at Evergreen Shelter and closes 10 minutes prior to each race start. Race bibs are collected nightly after race conclusion for the K-6<sup>th</sup> divisions. For HS and MS divisions, race bibs are taken home each week to reuse for the next race and returned the last race of the series. 2022 Ski trail pass and parking sticker (state vehicle sticker or \$8/night) required

For further information, please contact Paul Keber at 262-547-4827 or the Friends of Lapham Peak web site Trails - Skiing page at [www.laphampeakfriends.org](http://www.laphampeakfriends.org) where weekly results will be posted. For ski conditions at Lapham Peak, contact the Lapham Peak Trail Hotline at 262-646-4421 or the Friends of Lapham Peak web site Trails - Ski Trail Conditions page.

## ENTRY FORM

This entry form only needs to be filled out once per race season. (Print VERY CLEARLY)

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

AGE: \_\_\_\_\_ MALE / FEMALE GRADE: \_\_\_\_\_  
(as of 1/4/23) (Please circle) (6-12)

DIVISION (Please circle): **K-6<sup>TH</sup> BEGINNER**    **K-6<sup>TH</sup> ADVANCED**    **5-8 MIDDLE SCHOOL**    **9-12 HIGH SCHOOL**

**RACE WAIVER:** If you do not accept fully the following conditions, do not participate in these events.

*I, the undersigned, know that skiing the Lapham Peak Ski Trails is a potentially hazardous activity. I assume all risks associated with the events including, but not limited to falls, contact with other participants, the effects of the weather, including cold and frozen ground and the conditions of the course which may include rough terrain, all such risks being known and appreciated by me.* Having read this waiver for myself and anyone entitled to act on my behalf, I waive and release the Lapham Peak Friends, and all sponsors, their representatives and successors, and the Wisconsin Department of Natural Resources and its employees from all claims of ordinary negligence or liabilities of any kind out of my participation in these events.

**SIGNATURE:**

**DATE:**

(Parent or Guardian if under 18 years of age)

Send Entry Form to:    **JUNIOR NORDIC SKI SERIES**  
Paul Keber  
2000 Cobblestone Ct.  
Waukesha, WI 53188

Make Checks Payable to:    **FRIENDS OF LAPHAM PEAK**