



**Today at the US Cross Country Championship
Michigan Tech Nordic Training Center**

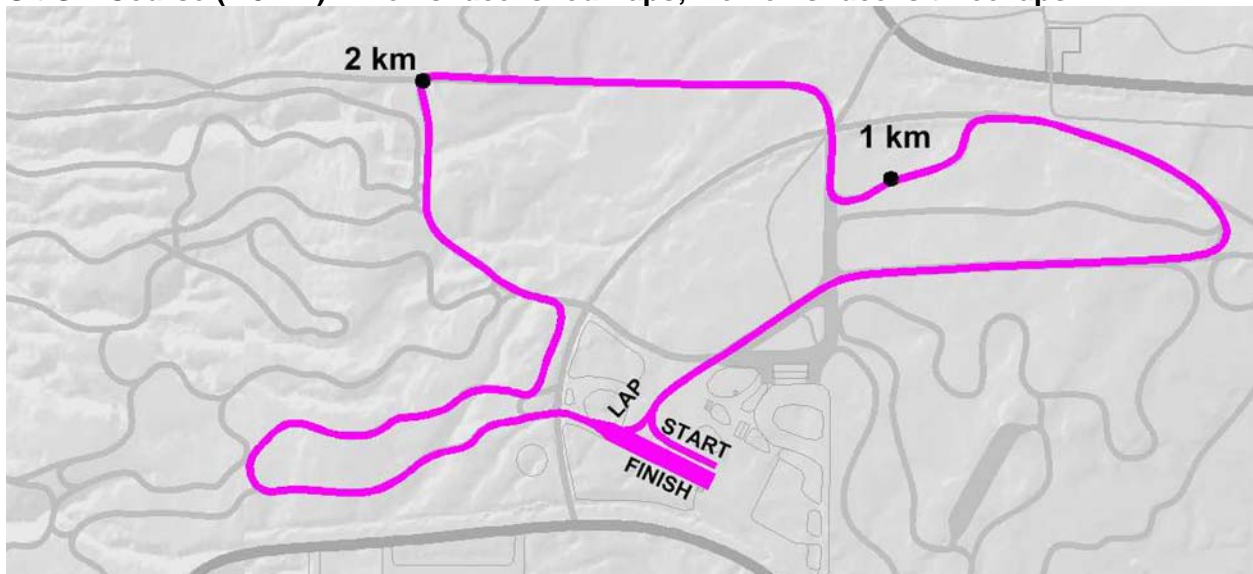
January 1, 2008

Freestyle Competition (interval start)

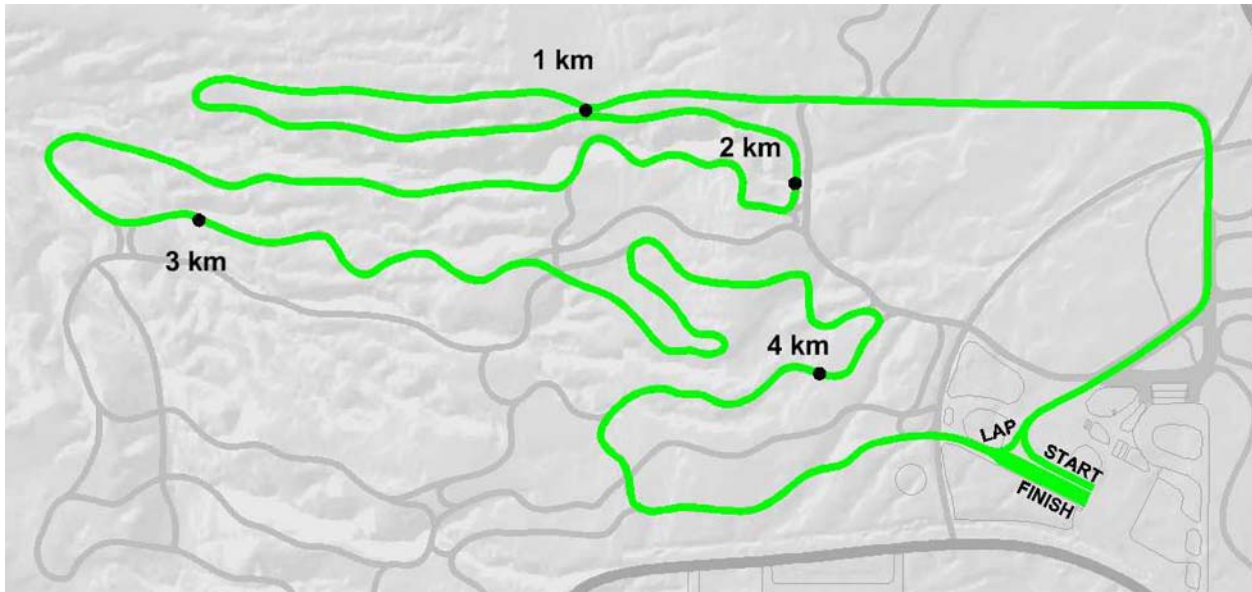
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|-----------------|--------------------------|
| 9 am | Sit Ski Race |
| | Men 11.2 km |
| | Women 8.4 km |
| 10 am | Opening Ceremony |
| | Start line area |
| 10:30 am | Women's 5 km race |
| Noon | Women's awards |
| 1 pm | Men's 10 km race |
| 3:00 pm | Men's awards |

Today's event is the freestyle distance race. Sit-skiers will cover their own course. Women will do one lap of the 5 km course in the morning; men will do two laps of the 5 km course in the afternoon. Awards will follow each race. All races are interval starts. Start lists are posted near both ends of the wax center and on the media board at the south end of the bleachers.

Sit-Ski Course (2.8 km) – men's race is four laps; women's race is three laps.



5 km Course – men's race is two laps; women's race is one lap



Wireless: The Tech Trails stadium area includes wireless Internet access. Visitors can obtain a guest ID and password from the SDC Central Ticket Office during regular business hours.

Photos can be ordered online at www.galleryondaline.com and www.brockit.com

Public Skiing: The race trails are closed to the public during races. Other trails are open on race days and all trails are open on non-race days. The Pilgrim Road trails remain open and are accessible via the parking lot off Pilgrim Road. We encourage skiers to use the other great trails in the area: Chassell, Maasto Hiihto/Churning Rapids, and Swedetown.

Race Officials

| | |
|-----------------------------|--------------------------------|
| Chief of Competition: | Jack Jeffery |
| Asst. Chief of Competition: | Jim Tervo |
| Technical Delegate/Jury: | Gary Giberson |
| Race Secretary: | Brenda Helminen |
| Organizing Chair: | Mike Abbott |
| Stadium: | Craig Hughes |
| Timing: | Dan deBeaubian |
| Grooming/Course: | Jeff Parker |
| Course Access Control: | Mark Sherman |
| Drug Testing: | Eric Peterson |
| Medical: | Jon Neufeld |
| Security: | Susan Hooker |
| Awards/Ceremonies | Christine Young |
| Information/Announce: | Dean Woodbeck |
| Volunteer Coordinators: | Emily Fiala Jane De Martini |
| Treasurer: | Sheila Milligan |

www.seniornationals.org will be updated frequently with schedule changes, weather updates, results and other useful information.