



Midwest Regional Race 7-8

Hosted by Mt. Itasca Nordic Ski Association

Date: **Saturday, Sunday, March 12-13, 2022**

Place: **Mt. Itasca, Coleraine**

Race Format: **Saturday: Sprint 7.5k - All M, F (Novice 4.5k)**

Sunday: Mass Start 10k- All M, F

New Schedule!

Saturday

Registration: **11:30 AM – 11:55 AM**

Zero: **12:00 PM – 12:30 PM**

Race Start: **12:45 AM**

Novice Race on Saturday ONLY!

Safety instruction + Zero **1:45 PM -2:15 PM**

Race Start **2:30 PM**

Sunday

Zero: **10:00 AM-10:30 AM**

Race Start: **11:00 AM**

Cost: **\$20/race (cash or check payable to**

MINSAs)

registration via email to Vlad – cervenkv@gmail.com or on the race day.

Questions? Call **Vlad 218- 256 8323** or email cervenkv@gmail.com

