

The Moonlight Climb at Sugarloaf Participant's Guide, December 29, 2009

Long Course begins at 4:45 p.m.; Short Course begins at 5:00 p.m.

Important Notice! The weather forecast calls for extreme cold temperatures at race time. **Plan accordingly and dress warmly with proper layers! Change in Long Course event -** Due to recent weather conditions the Timberline trail is not open at this time. Therefore the Long Course will access Bullwinkle's (finish) **via Tote Road.**

Course Info

Gear Bags - Gear and clothing needed at finish will be brought up the mountain by race staff. Gear must be well marked with your name and placed in your own bag. Leave items to be transported either at race check in or at the short course start area.

Long Course - Before going to the start, place your gear for the climbing portion of the race in the Transition Area located behind Sugarloaf Inn. Leave any belongings needed after the race in the Crocker Room inside the inn. Shuttle service will be provided from Sugarloaf Inn to Outdoor Center. **Directions:** Start at Outdoor Center, take Route 1 West to Snubber Trail to Transition Area behind Sugarloaf Inn. Transition from Nordic Gear to AT/Telemark Gear or tag relay team member by handing off race bib number. From Transition Area, go up Whiffletree to Ramdown to Spillway Crosscut, then take Tote Road down to Bullwinkle's (finish). Distance: 5 miles with 2400' vertical gain. Water Stations on course at Transition Area and Spillway Crosscut.

Short Course - Start at the Super Quad; go straight up Tote Road to Bullwinkle's (finish). Distance: 1 mile with 1780' vertical gain. Equipment can either be snowshoes, AT/Telemark or other. The course will be marked with lit flares.

All Moonlight Climb participants will follow Tote Road back down the mountain to return to the inn.

Post Race and Awards

Race registration includes a post race dinner at the Sugarloaf Inn. Seating begins at 6:30 p.m.; dinner is served at 7:00 p.m. Additional tickets are \$13, racers are provided with a meal. A slideshow of race photos will be on display and results and awards will be presented. The inn has changing facilities available.

Rules and Other Considerations

Race Numbers - You are required to display your race number at all times while competing. This is both for your safety and so that our volunteers can correctly record your finish time. If you are planning to wear layers and take them off as you go, find a way of displaying your number the entire time. Another idea is to pin the number to your pants. The worst thing that you could do is pin your number to the outside of a jacket and then take that jacket off, or pin your number to a shirt and then cover it with another layer, making it impossible record your finish time!

Weather - The course you about to race is windy and cold. Please arrive prepared with plenty of warm clothes and properly functioning equipment. The event will not be cancelled for any reason other than severe conditions that pose extreme danger to participants and volunteers. Race management reserves the right to alter the course in whatever way they deem is in the best interest of the participants and volunteers. This includes, but is not limited to, shortening or changing the course, postponing the start, etc. There are no refunds in the case of weather-caused changes or cancellations. If cancelled, the 2009 Moonlight Climb will not be rescheduled.

Results - Unofficial results will be available at the post race dinner. Official results will be posted on www.tri-maine.com by Wednesday evening.

Rules –

1. One member of the relay team can collect the race bib number for the entire team however all relay members are required to sign the event waiver before participating.
2. It's important to stay on the race course at all times. The course is mostly marked with lit flares and flags (lower part of long course only). Stay to the right of the flares; if you need to stop notify race staff and give them your bib number.
3. Working headlamps are required equipment. Glow sticks/necklaces and reflective gear are recommended but are not substitutions for headlamps.
4. All skis used on the mountain must have metal edges.
5. Personal items can be left only in the designated areas, including inside the inn, the Transition Area, and with race staff. Discarding of any items (i.e. trash) on course may result in a penalty or disqualification.
6. No headphones are allowed during the race.
7. If you need medical attention, notify race staff immediately.
8. It is very important that you keep a safe speed when approaching the finish. There will be two finish chutes – one for each race and you will need to cautiously merge with other racers at the finish line. Listen for cues from race staff about slowing down.

On behalf of Tri-Maine and Sugarloaf, thank you for signing up for the Moonlight Climb. We look forward to a fun and exciting event!