

# THE CASCADE CREST

presented by LATITUDE 44 SPORTS

The Cascade Crest is the end of season culmination of the ***Mt. Bachelor Cup***. It is the last of the 5-race series and the last chance to get those Mt Bachelor Cup points! This is a special event that takes racers on a network of trails with some sections groomed only for this event each year.

## SCENIC & UNIQUE COURSES

**SOMETHING FOR EVERYONE** - The Cascade Crest Ski Race has 4 possible distances for participants. The 25k race is an adventure of epic proportions that winds through the Mt Bachelor trail system, out to the Todd Lake road, and back up into Dutchman Flat Meadow with picturesque views along the way. The 12.5k event shares a portion of the 25k loop and the 5k course that takes a short loop through the beautiful Dutchman Flat Meadow.

- 50k **SELF-REPORTED** freestyle skate (open to athletes 18+ years or by special allowance-contact [Dylan@mbsef.org](mailto:Dylan@mbsef.org) for consideration if under 18). \*See details below regarding the 50k.
- 25k freestyle skate (open to athletes 16+ yrs)
- 12.5 k freestyle skate (open to athletes 13+ yrs)
- 5k freestyle skate (12 and under)

## THE DETAILS

- All race distances start at **9 am**
- Start and finish are in the Bill and Jinny Martin Stadium
- If an ambitious racer wants to complete an unofficial 50k (with their 25k time officially timed) then to keep the full 50k tradition alive, we will accept self-reported 50k times (2 laps of the 25k). Winners of the self-reported 50k will have their names added to the Cascade Crest 50k plaque. Must report your 50k time by 8 pm that evening.
- Snacks, Gatorade, and water will be provided in the Stadium and at one aid station (Rich's Range to Todd Lake Junction) along the course.
- Stay after the race for awards. The top three male and female winners in each distance will be recognized.
- ALSO awarded will be the top male and female winner (based on Season Points accumulated during the Mt Bachelor Cup Nordic Series)

of the Mt Bachelor Cup. These two lucky winners will receive a Mt Bachelor Pint glass from North Drinkware!

### COST

- 18+ years old (12.5k, 25k, or self-reported 50k)= \$60
- 16-17 years old (25k)= \$45
- 13-17 years old (12.5k)= \$45
- 12 and under (5k)= \$25

### REGISTRATION

Registration closes on Thursday, April 4<sup>th</sup> at 11:59 pm. No late registrations will be accepted.

### PACKET PICK-UP

Packet pick-up will be at Latitude 44 Sports on Friday, April 5<sup>th</sup> from 10-6pm. Go see the friendly folks at Latitude 44 Sports to get your bib. They are located at 1375 SW Commerce Ave, Bend, OR 97702. Race Day pick-up will also be available near the Nordic Lodge by the “gate” from 8:00-8:45 am.

### COURSE MAPS