



Stauffer Mt. Spokane Nordic Cup JNQ / NRL / PNW Cup Race



Volunteers are ALWAYS welcome and appreciated- [sign-up HERE](#)

Spokane Nordic Ski Association will host the Pacific Northwest Ski Association (PNW) Junior National Qualifier #4 at Mt. Spokane State Park Nordic Trails on February 15-16, 2025 at the Mt. Spokane Nordic Cup. The JNQ races will include a 1.3k classic sprint race on Saturday for U16, U18 and U20 fields. Community races will contest the same course for non-USSS scored U16+ racers, and U14 and younger racers will contest a .8KM classic sprint on a modified version of the 1.3k course.

On Sunday, JNQ races will consist of a 5k individual start skate for U16 racers, and a 10k individual start skate race for U18 and U20 racers, as well as a 2k individual start skate for U8, U10, U12, and U14 racers.

About the Races

This event is a PNW Cup Event and results will be scored to the PNW Cup series and the Regional and National (NRL) ranking lists and PNW junior points list as a Junior National Qualifier. The events are sanctioned by U.S. Ski & Snowboard; a current Cross Country General or Competitor U16+ membership is required to enter the USSS-scored events for Junior National qualification. Community categories will be available for non-USSS scored competition.

Mt. Spokane Nordic Trails

The Mt. Spokane Nordic trail system includes the competition courses as well as over 75km of loops to explore before and after competition for family members of visiting teams. Current conditions are updated daily at this link: <https://www.spokanenordic.org/grooming>

Course maps can also be found in the menu at the race website here:
<https://www.spokanenordic.org/jnq-course-maps>

REGISTER FOR THE JNQ EVENT AT SKIREG

Registration for the event at: <https://www.skireg.com/mt-spokane-nordic-cup>

Registration is due by Wednesday, February 12 at 11:59 PM Pacific Time.

Registration is \$35 until 11:59pm on Sunday February 9, at which time prices increase to \$50 until registration closes on Wednesday February 12.

Registration lists will be posted by Thursday, February 13th at 8:00 pm.

RACE HEADQUARTERS AND RACE LOCATION

Race Headquarters is located in the Selkirk Lodge at Mt. Spokane State Park.

Skiing backwards on the race course is prohibited at any time and may lead to sanctions.

Race Headquarters will be open at 7:00 am on both Saturday and Sunday. Bib pickup is at the Selkirk Lodge both mornings starting at 7:30am.

We recommend car-pooling to the event to allow ample space for everyone to park!

Parking at the Selkirk Lodge: Only requirement is the [WA Sno-Park Pass](#) for the Mt. Spokane Nordic Trails.

TEAM CAPTAINS/COACHES MEETING

A Team Captains/Coaches Meeting will be held virtually and in-person at 6pm, Friday, February 14th. Click the meeting link below to join. The powerpoint presentation will be posted after the meeting. Attendance can take place virtually or in-person.

Join Zoom Meeting:

<https://us02web.zoom.us/j/83529518599?pwd=Qro7UArN0L58OdddtPKsf7huY2pUuQ.1>

Meeting ID: 835 2951 8599

Passcode: zj9U8g

One tap mobile

+12532158782,,83529518599#,,,*010276# US (Tacoma)

+12532050468,,83529518599#,,,*010276# US

In-person Location:

[Riverview Corporate Center](#)

[16201 E. Indiana Ave.](#)

[Spokane Valley, WA 99216](#)

> Large **First Floor** Conference Room - through main entrance to left of staircase

Coach's Whatsapp

Coaches, please join the Whatsapp for up-to-date information:

<https://chat.whatsapp.com/F3TEwyxN1hi9KCriBACwni>

Info for All Whatsapp

Everyone, please join this Whatsapp for general info on the races. Spectators and parents are welcome!

<https://chat.whatsapp.com/FIOVXiHHIFHEtVnNZNGQki>

Spectating

On **Saturday**, access to the course for spectating is available from the parking lot on Saturday **by foot or ski** on the access trail overlooking the parking lot, which will provide a view of the start and first portion of the race.

Spectator access to the course midpoint at Junction 1 on Saturday will be available **by ski** via the Mountain View, Valley View or Linder Ridge trails, .5km from the parking lot.

On **Sunday**, spectating will be available **by ski** via the .5km Mountain View, Linder Ridge or Valley View Trails, providing access to Junction 1, where the Start/Finish stadium will be located on Sunday.

DETAILED SCHEDULE

https://docs.google.com/spreadsheets/d/e/2PACX-1vT9MDcm9_UX0wtW6INFTRsIkjJ0kDe0MEZvFYtTATKhNtFHdK4T_NFOcAd5C-ACPLGANK7_0MRE7Fx3/PUBHTML

FRIDAY, FEBRUARY 14TH

1:00 pm to 5:00 pm - The course will be marked and open for preview for both classic and freestyle. All turning zones will be marked. Citizen style tracks will be set for Friday. The course will open Saturday morning at 7am for inspection of best line Track set. Jury will finalize daily schedules after registration closes and the detailed schedule linked [here](#) will be updated.

6:00 pm: Virtual & In-Person Coaches Meeting

<https://us02web.zoom.us/j/83529518599?pwd=Qro7UArN0L58OdddtPKsf7huY2pUuQ.1>

Meeting ID: 835 2951 8599

Passcode: zj9U8g

OR

Riverview Corporate Center

16201 E. Indiana Ave.

SATURDAY, FEBRUARY 15

.8K / 1.3K CLASSIC SPRINT RACE SCHEDULE

7:00 AM – 3:30 PM - Selkirk Lodge open for warming

7:30 AM - 8:55 AM - Course open for inspection

9:00 AM - Classic 1.3K U16+ Sprint Qualification Round Interval Start JNQ

10:00 AM - Classic 1.3K U16+ Sprint Heats

followed by

12:30 PM - Classic .8K Sprint Qualification Round - Interval Start Community Race
U8 / U10 / U12 / U14

1:10 PM - U8 / U10 .8k Sprint Finals

1:35 PM - U12 / U14 Sprint Heats

2:30 PM - Race Concludes

Detailed schedule will be updated at the link [here](#) after registration concludes.

SUNDAY, FEBRUARY 16, SKATE INDIVIDUAL START

DISTANCE RACE 2K / 5K / 10K - JNQ/NRL/PNW CUP

7:00 AM - Selkirk Lodge building open for warming

7:30 AM - 9:00 AM / Bib Pick-Up, Selkirk Lodge, team bib pickup preferred.

9:00 AM - Skate Distance Individual Race Start

JNQ Race - 30 second interval start race

11:30 AM - Race concludes

11:45 PM - Lollipop Race

12:45 PM - Awards and Naming of Junior National Team

Detailed schedule will be updated at the link [here](#) after registration concludes.

START LISTS, LIVE AND OFFICIAL RESULTS

Start lists will be posted at the link below when available. **Live results are not official!**

<https://live.athletictiming.net/meet-list>

WAX REGULATIONS

Fluorocarbon waxes are NOT allowed per FIS and US Ski and Snowboard.

No indoor waxing facilities will be provided. Trailside space will be provided adjacent to the parking lot on Saturday, and at both the parking lot and Junction 1 on Sunday.

FIELD OF PLAY - START AND COURSE COMMENTS FOR COACHES AND ATHLETES

- The Field of Play within the stadium and start/finish area will only be open to USSS athletes and USSS Coaches with appropriate bibs during the JNQ races.
- Coaches and athletes must always ski in the direction of the race when on the course.

VOLUNTEER TO HELP AT THE RACE

Come out and help us with the venue. You'll have the best seat in the house! Visit [this link](#) or contact Shawna Wade parkersl88@hotmail.com if you are interested in volunteering!

HOSPITALITY AT THE RACE VENUE

The Selkirk Lodge provides bathrooms, water, and wifi and power sources. Please be aware, power sources and wifi can be unreliable when overloaded by high volumes of use at high points of the day.

Additional portable restrooms will be provided at the start-finish areas both days.

Racers will be provided with refreshments in the start-finish area.

Complimentary soup and bread, vegetarian and non-vegetarian, will be provided to racers and volunteers, and also available to spectators and families with a suggested donation. Hot coffee and tea will be available to all racers, volunteers and spectators.

LOCAL HOUSING INFORMATION

The Spokane Sports Commission offers this discounted hotel rate of \$148/night at the Madison Ruby Inn near downtown Spokane: <https://app.eventconnect.io/events/36129/hotels?nav=hidden>

There are numerous hotel rooms available within a 45-minute to 60-minute drive in Spokane and you should find them very reasonable.

Thank you for joining us at Mt. Spokane! From the Local Organizing Committee:

Chief of Timing – Ryan Wade
Chief of Stadium – Chris Lambiotte
Chief of Course – Jon Quinn-Hurst
Chief of Control - Tom Hurst
Chief of Medical – Ben Mandel
Chief of Volunteers – Shawna Wade
Chief of Information/Race Secretary - Leah Halloran
SNSA Events Director - Trevor Finchamp
Announcer - Kurt Gauss
USSS Technical Delegate – Al Pokorny
USSS Assistant Technical Delegate – Mike Burns
Chief of Competition – Colin Quinn-Hurst

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Enjoy Winter



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