



Mt. Spokane Nordic Cup 2026 JNQ / NRL Race

Spokane Nordic Ski Association will host the Pacific Northwest Ski Association (PNW) Junior National Qualifier - Mt. Spokane Nordic Cup at Mt. Spokane State Park Nordic Trails on February 14-15, 2026. The JNQ races will include a classic-technique mass start distance race on Saturday, February 14, followed by a freestyle-technique/skate individual start distance race on Sunday, February 15. Community races will contest the same course for non-USSS scored U16+ racers, and U14 and younger racers will contest 3 kilometer (U14) and 2 kilometer (U10 and U12) courses.

About the Races

This event is a PNW Junior National Qualifier Race and will be scored to Regional and National (NRL) ranking lists. The events are sanctioned by the U.S. Ski & Snowboard national organizing body. Any level of US Ski and Snowboard member can race in the U.S. Ski and Snowboard race. A Competitor membership is needed to earn National Ranking List points. Open/Non-USSS categories are available for non-USSS competition.

REGISTER FOR THE JNQ EVENT AT SKIREG

Registration for the event at:

<https://www.skireg.com/spokane-nordic-cup>

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

Registration is \$35 until 11:59pm on Sunday February 8, at which time prices increase to \$50 until registration closes on Wednesday February 11.

Registration lists will be posted by Thursday, February 12th at 8:00 pm.

RACE HEADQUARTERS AND RACE LOCATION

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>

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

Address: 27722 N Mt. Spokane Rd, Mead, WA 99021

Google Map Link: <https://maps.app.goo.gl/gkB5jHHyDf5QN5ZBA>

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: The 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 at 7pm, Friday, February 13th. Click the meeting link below to join. The powerpoint presentation will be posted after the meeting. Attendance can take place virtually or in-person.

Topic: Team Captains/Coaches Meeting - Mt. Spokane Nordic Cup

Time: Feb 13, 2026 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85014629461?pwd=g5u7C092qaOJYWFe0qKLGwabZbiqdj.1>

Meeting ID: 850 1462 9461

Passcode: 223667

One tap mobile

+12532158782,,85014629461#,,,,*223667# US (Tacoma)

+12532050468,,85014629461#,,,,*223667# US

Coach's Whatsapp

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

<https://chat.whatsapp.com/EsceKblkMmlCZFBujmp5HV>

Info for All Whatsapp

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

<https://chat.whatsapp.com/HpPX60JITJ71oHQ8jQNvGs>

Spectating

Access to the course for spectating is available from the parking lot on Saturday and Sunday **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 Valley View or Linder Ridge trails, .5km from the parking lot.

FRIDAY, FEBRUARY 13TH

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 a detailed schedule will be provided.

7:00 pm: Virtual Coaches Meeting

SATURDAY, FEBRUARY 14 2K/3K/5K CLASSIC MASS START 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 Men's 5k Mass Start - U16, U18, U20 - USSS and OPEN/Non-NRL

9:30 AM - Classic Women's 5k Mass Start - U16, U18, U20 - USSS and OPEN/Non-NRL

10:00 AM - Classic 3k Mass Start - U14

10:30 AM - Classic 2k Mass Start - U10 & U12

11:00 AM - Lollipop Race - U8 and Younger

A detailed schedule will be updated [here online](#) after registration concludes.

SUNDAY, FEBRUARY 15, 2K/3K/5K/10K FREESTYLE INDIVIDUAL START RACE SCHEDULE

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

12:30 PM - Awards and Naming of Junior National Team

A detailed schedule will be updated [here online](#) after registration concludes.

START LISTS, LIVE AND OFFICIAL RESULTS

Start lists and results will be posted on **Webscorer** when available.

WAX REGULATIONS

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

A Wax Call will be posted [HERE](#) by 12pm on Wednesday, February 11.

No indoor waxing facilities will be provided. Trailside space will be provided adjacent to the parking lot on Saturday and 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! 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

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 Competition – Mike Burns
Chief of Timing – Ryan Wade
Chief of Stadium – Chris Lambiotte
Chief of Course – Jon Quinn-Hurst
Chief of Course - Tom Hurst
Chief of Volunteers – Shawna Wade
Chief of Information/Race Secretary - Leah Halloran
SNSA Events Director - Trevor Finchamp
USSS Technical Delegate – Jan Nygard
Event Organizer - Colin Quinn-Hurst

THANK YOU TO OUR SUPPORTING SPONSORS!

SALOMON

