

NEW TEAM CAPTAIN MANUAL – Ski to Sea Race

Welcome to the Ski to Sea Race! Below are some key tips and helpful website links to guide new team captains through the process of navigating race logistics, registration and race day coordination.



Race Guide

The Race Guide is your go-to resource for information on:

- Registration and choosing a division
- Racing in multiple legs
- Athlete accommodations and early release procedures
- Renting gear and hotel accommodations
- FAQ (frequently asked questions)
- Racer message board (for filling open spots)
- Packet pickup and more

Visit: www.skitosea.com/race-guide/

Leg Information

To the right of the Race Guide on the website, you'll find detailed "Leg Information" for each of the seven race legs. **Every racer on your team must read the page for their specific leg.** These pages include critical information on:

- Safety
- Equipment requirements
- Mandatory pre-race meetings times
- Course maps and transition area details

Visit: <https://skitosea.com/race-guide/> > "Leg Information" on the right lists individual leg pages.

Timetable & Logistics

One of the most helpful resources for new teams is the Timetable & Logistics page. It helps you plan your race day and understand transportation options in the most efficient and sustainable way.

The Timetable & Logistics page helps you:

- Plan your team's day
- Understand leg start windows and cutoffs
- Navigate road closures and parking options
- Make transportation plans in a sustainable and efficient way

Visit: www.skitosea.com/time-tables/

Race Day Planning

Most teams find it helpful to create a spreadsheet with estimated timing for each leg. This helps ensure that each racer is prepared and ready at their designated exchange zone.

Road Closure and Transportation

- **Mt. Baker Highway Closure:** Highway 542 will be closed from 7:15 am to 11:00 am between Canyon Creek Road in Glacier and Heather Meadows Lodge at Mt. Baker. Any viewers, participants or support vehicles must pass Canyon Creek Road prior to 7:15 am. No vehicles will be allowed to travel down the mountain until approximately 10:45 am.
- Both skiers, the runner and road biker should ride together. Drop the biker off at the Salmon Ridge Sno-Park (1/2 mile past the DOT station) on the way up the mountain. Proceed to the Heather Meadows Lodge parking lot. When heading down from the mountain, the most efficient pickup location for the runner is the Salmon Ridge Sno-Park (1/2 mile past the run finish line at the DOT station).

Early Release Program

The Early Release option allows racers to begin their leg without waiting for their teammate to finish, ensuring all legs are completed. Please note that using Early Release makes your team ineligible for awards, but it does not impact your overall race time.

Some Details for Early Release:

- **Run Leg**
The sweeper van leaves Heather Meadows at approximately 10:15 am and arrives at the run finish around 10:30 am. Estimate your time for the eight-mile downhill run, and work backward from 10:20 am to determine when you need to begin. If your downhill skier or snowboarder has not arrived by then, you should use Early Release.
- **Cyclocross Leg**
This leg follows the canoe, the race's longest leg. Kayakers must start by 4:30 pm. Estimate your 13-mile course time and plan to finish by 4:00 pm. If your canoe team hasn't arrived by the necessary start time, Early Release is recommended.
- **Kayak Leg**
Early Release begins at 2:30 pm. By 4:30 pm, all remaining kayakers who have not yet started will be released, whether or not their cyclocross teammate has finished.

If you know your team may run behind schedule, we recommend planning for Early Release. **Important:** If the next leg begins with Early Release, the previous racer **must** return their timing chip to the orange timing tent. All Early Release teams will be issued a new timing chip.

Packet Pickup & Bib Distribution

Only one team member picks up the race packet (on Friday or Saturday), but your entire team should meet shortly after to distribute bibs and review instructions. For example, both the kayak and canoe must have a bib taped to the vessel **before** gear drop-off.

Last-Minute Substitutions

- **Before race weekend:**
The registration system closes at 5:00 pm on the Wednesday before the race and reopens from 12:00 noon Friday to 4:00 pm Saturday to accommodate any final changes. You can remove and replace racers during these windows.
- **Race day substitutions:**
If a change is needed the morning of the race, go to the "Race Official" in the orange vest at the appropriate leg. The replacement racer must complete a waiver on-site. This waiver updates the team's record for timing and safety. Racers cannot participate without completing this step.

Team Composition and Racer Participation

- **Team Size:** A team traditionally consists of eight racers, as the canoe leg requires two paddlers. However, a racer is allowed to participate in multiple legs (up to three different legs per racer), so teams can be made up of anywhere from three to eight racers.
- **Racers doing multiple legs:** Due to the highway closure, time will not allow racers doing either Ski Leg or the Run Leg to get to Everson to compete in the Canoe Leg. This means that both ski legs, the run, the road bike and the canoe leg will need to be completed by two racers for a three-person team or three racers in the case of a four-person team. The average time to complete the canoe leg is 2-2.5 hours so this should allow for a racer driving from the mountain to get to Hovander Park for the Cyclocross Leg or Zuanich Park for the Kayak Leg.

Contact Information

If you have any questions, feel free to reach out to us:

Phone: 360-746-8861 (Weekdays, 11:00 am – 4:00 pm)

Email: info@skitosea.com

Website: www.skitosea.com

We're excited to have you on board for the Ski to Sea Race—see you out there!