



**SUN, FEB 9, 2014 - LANGLAUF**

8:30 LANGLAUF REGISTRATION OPENS  
 8:30 FITNESS FANATICS WAX TENT OPENS  
 10:00 WOOLIES JUDGING OUTSIDE OF SELKIRK LODGE  
 10:30 LANGLAUF START AREAS OPEN  
 10:30 LATE REGISTRATION CLOSED

**11:00 LANGLAUF START**  
**1:00 FINISH LINE CLOSES**  
**1:10 AWARDS AND PRIZES - AT THE PORCH SIDE OF SELKIRK LODGE**

**SATURDAY, FEB 8, 2014**

9:00 AM - 1:00 PM  
 FITNESS FANATICS FREE SKI AND SNOWSHOE DEMO  
 AT SELKIRK LODGE

**FRIDAY, FEB 7, 2014**

5:00 PM - 7 PM EARLY BIB PICKUP  
 6:00 PM - 7:00 PM WAX CLINIC  
 FITNESS FANATICS - 2425 E. TRENT

**WEDNESDAY, FEB 5, 2014**

\$25 ONLINE REGISTRATION CLOSES

**SATURDAY, FEB. 01, 2014**

POSTMARK DEADLINE FOR \$25 ENTRY FEE OR DELIVERED TO  
 FITNESS FANATICS (entries past the deadline are \$30 - Race Day \$35)

**EVENT SCHEDULE**

**Langlauf**

LANGLAUF ASSOCIATION  
 P.O. BOX 593  
 SPOKANE, WA 99210

**FRIENDS OF LANGLAUF**

Baddlands Cycling Club  
 Frame it Today  
 Europa Restaurant & Pub  
 Great Harvest Bread Co.  
 Mustard Seed  
 Mt. Spokane Nordic Patrol  
 Mt. Spokane State Park  
 Pegasus Media Group  
 River Ridge Hardware

Roast House Coffee  
 Rocket Bakery  
 Round and Round Productions  
 SENSE  
 Senor Froggy  
 Therapeutic Bliss  
 The Onion  
 Walter's Fruit Ranch

**GUS JOHNSON FORD**

**Interlink** advantage  
 Information technology solutions

**Milliseconds** Sports Timing

**SCHOEDER & SCHOEDER**  
 CERTIFIED PUBLIC ACCOUNTANTS, PLLC

**Rendezvous Huts**

**SUN MOUNTAIN LODGE**

**SR MEDIA**  
 THE SPOKESMAN-REVIEW  
 spokeman.com

**CONTRIBUTING SPONSORS**

**Fitness Fanatics**

**PRESENTING SPONSORS**

**36 YEARS OF FUN**  
**36th Annual 10K XC Ski Race**

**Langlauf**

**Mount Spokane State Park**  
**Sunday, February 9th, 2014**

QR CODE