

EVENT SCHEDULE

SATURDAY, FEB. 04, 2012
POSTMARK DEADLINE FOR \$25 ENTRY FEE OR DELIVERED TO FITNESS FANATICS (entries past the deadline are \$30 - Race Day \$35)

WEDNESDAY, FEB 8, 2012
\$25 ONLINE REGISTRATION CLOSES

FRIDAY, FEB 10, 2012
5:00 PM - 7 PM EARLY BIB PICKUP
6:00 PM - 7:00 PM MAX CLINIC
FITNESS FANATICS - 2425 E. TRENT

SATURDAY, FEB 11, 2012
9:00 AM - 1:00 PM
FITNESS FANATICS FREE SKI AND SNOWSHOE DEMO
AT SELKIRK LODGE

SUN, FEB 12, 2012 - 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
1:00 AWARDS AND PRIZES - AT THE PORCH SIDE
OF SELKIRK LODGE

FRIENDS OF LANGLAUF

Baddlands Cycling Club
Frame it Today
Great Harvest Bread Co.
Hytopz Inc.
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
SNSSEF
Senor Froggy
Therapeutic Bliss
The Onion
Walter's Fruit Ranch



CONTRIBUTING SPONSORS

THE SPOKESMAN-REVIEW
spokesman.com

Fitness Fanatics

Interlink advantage
Milliseconds Sports Timing
GUS JOHNSON FORD

PRESENTING SPONSORS

34th Annual 10K
XC Ski Race

Langlauf

FUN FOR THE WHOLE FAMILY

Mount Spokane State Park
Sunday, February 12, 2012

www.spokanelanglauf.org

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