

# Golden Cup Level One Race Series

## Gunstock Adaptive Program

Sunday, January 18, 2009



### Important Race Information

Gunstock Adaptive invites all disabled skiers and riders to participate in this third regional Level 1 race of the season. Level 1 racing allows any disabled athlete interested in racing to become familiar with the sport in a fun environment. An awards ceremony will be held for all participants at the conclusion of the race at approximately 1:00 PM.

#### Schedule

8:00 AM –9:00 AM Race Registration at Adaptive Program Office

8:45 Coaches meeting in Adaptive Program Office

9:00 AM-9:45 AM Course Inspection Ramrod Race Trail

1:00 PM\* (Approx. Time) Awards Ceremony (Outside Adaptive Trailer)

**Parking:** Handicap parking at Gunstock is located adjacent to the former Adaptive Program Trailer. It is limited and demand will be great. We have requested additional spaces in an effort to accommodate as many as possible. If handicap parking is full, you may drive into the drop-off area next to the Welcome Center, unload and then park in the main parking lot.

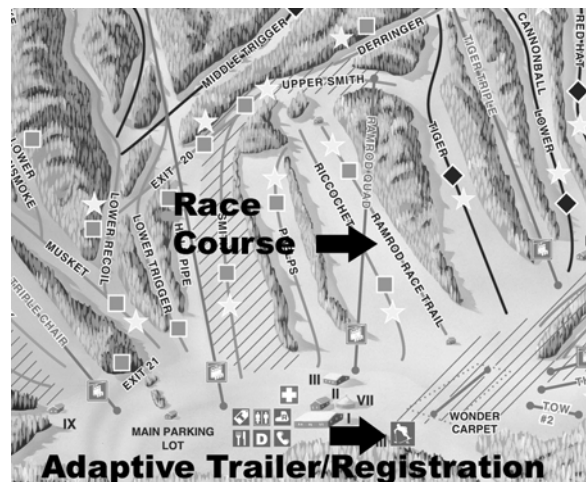
**Lodging:** There are many hotels and condos available in the area. A good source for area accommodation information is located on the Gunstock website at [www.gunstock.com](http://www.gunstock.com), click on Ski and Stay.

#### Travel Directions

From I 93N-Take exit 20 in Tilton, NH. Turn left on Rte. 3N. Travel along Rte. 3N for about 10 minutes. Bear right onto the Laconia By-Pass (just past the Belknap Mall) which connects with Rte.11A in Gilford. Follow brown signs to Gunstock Recreation Area.

From I 95N-Follow I-95 until reaching the Portsmouth traffic circle. At the circle, exit Rte.95 onto the Spaulding Turnpike. Follow highway signs for the Lakes Region which leads you to Rte.11, and then, in Alton, NH, to Rte.11A. Gunstock is 12 miles beyond Alton.

If you are traveling from South or West of Boston MA it may be best to travel north on I 95 or I 495 and then exit off onto I 93 north. This route is probably quicker than following I 95 to Portsmouth NH, although traffic conditions can vary.





# GOLDEN CUP LEVEL ONE GS RACE



**Gunstock Adaptive Learning Center,  
Gunstock Mountain, Gilford NH January 18, 2009**

## Race Registration

LAST NAME FIRST NAME MIDDLE INITIAL

STREET CITY STATE ZIP

HOME PHONE E-MAIL ADDRESS

BIRTH DATE (MO-DAY-YR) MALE FEMALE USSA NUMBER NOT REQUIRED

EMERGENCY CONTACT NAME PHONE TEAM

Division: (circle one) Junior Open Master

### Disability Classification (circle one)

B 1 B 2-1 B 2-2 B 3 LW 0 LW 1 LW 2 LW 3-1 LW 3-2 LW 4  
LW 5/7-1 LW 5/7-2 LW 5/7-3 LW 6/8-1 LW 6/8-2 LW 9-1  
LW 9-2 LW 10-1 LW 10-2 LW 11 LW 12-1 LW 12-2

RACE FEE \$45.00 Includes lift ticket and awards ceremony  
\$20.00 Ski Buddy lift ticket available (limit one per racer)

Sorry, no credit cards

Make checks payable to Ability PLUS at Gunstock

Diana Golden and Mills Cup Competition

Race info: 630-293-4341 ext 165  
aski@gunstock.com