

2023 Noquemanon Ski Marathon Race Bulletin

INFORMATION

Administrators for the race will be available at the Superior Dome all day on Friday and Saturday. Call 866-370-RACE if you have questions and look for the race committee vests. Official sources of race information are this bulletin, the Noquemanon Ski Marathon website, e-mails and e-newsletters from the Noquemanon Ski Marathon, and Noquemanon Ski Marathon owned social media pages. Race organizers may use any and all of these sources to provide information to participants. The official broadcast sponsor of the Noquemanon Ski Marathon is WLUC TV6 and Fox UP.

HEALTH/SAFETY

Ski racing and ski events come with inherent safety risks. It is up to each participant to assess their own physical condition and risk tolerance and at all times make reasonable efforts to ensure the safety of themselves and others both on and off the trail. Both weather and reported trail conditions should be accounted for on an individual basis. The Noquemanon can experience a variety of weather and snow conditions and at times the UP experiences extreme weather that can change on the same day. At all times participants need to be aware of their abilities and physical condition and make appropriate personal calls on participation. Course conditions can change throughout the day. Lake and creek crossings can become difficult at times and there are difficult/fast descents and climbs.

Ski in control at all times. The Noquemanon has made a virtual option available to any participant that chooses not to participate in-person for any reason.

FLUORINATED WAXES

Fluorinated ski wax use, while not recommended, is permitted in all waves. Please note the Noquemanon Trail Network prohibits the application of fluorinated waxes inside the Forestville Trailhead building.

DINING SPECIALS

Downtown Marquette is excited to welcome Noquemanon Ski Marathon racers, fans and families to the area. The Marquette DDA (Downtown Development Authority) has partnered with select restaurants to offer pre-race dining specials on Friday, January 27th. For seating and reservations, please contact restaurants directly. Racers are asked to please mention the special when placing their orders. Visit the following site for a list of participating restaurants:

<https://www.downtownmarquette.org/downtown-events/noque-pasta>

The Noquemanon Ski Marathon is an important community event that supports trail building and maintenance efforts as well as the local economy. Race organizers encourage you to support those local business that support this event.

REGISTRATION & SKI EXPO

Booths will be set up Friday Jan 27th 5:00 pm – 10 pm at the NMU Superior Dome. Check in and complete bib pick up with a photo ID, visit the exhibits and displays for ski and wax products, local area information, Noquemanon merchandise, race information, and more. Many of these exhibitors are sponsors - please thank them for their support of the Noquemanon.

50K, 24K, and 15 mile snowshoe participants will want to remember to pick up their hat at the hat table after checking in and picking up their bib. It is **not** included in the race envelope or bag.

RACE DAY INFORMATION

Start Area 50K – The start area for the Nicolet Bank Noquemanon 50K is located at Al Quaal Recreation Area in Ishpeming. Busing to the start of the 50K is strongly recommended and is for participants only. The bus ride is approximately 30 minutes. On US 41 in Ishpeming, turn north on Hickory Street and you will dead end at the Start area. Birchview School will be open as a place to keep warm and stage. The school is right outside of the starting area.



Start Area 24K/15 Mile Snowshoe – The start area for the 24K Half Noque is on County Road 510 in Negaunee Township. **Please note there is NO parking at the 24K start and the road is very narrow.** Participants must take the appropriate shuttle bus to the start. The bus ride is approximately 30 minutes. Busing is for participants only.

Start Area 12K - The start area for the 12K is the Noquemanon Trail Network (NTN) Forestville Trailhead located off of Forestville Road. Busing to the start of the 12K is strongly recommended and is for participants only. The bus ride is approximately 15 minutes. From the NMU Superior dome take Wright St/CR 492 west to County Rd HQ/Forestville Rd. Follow the blue signs to the NTN Forestville Trailhead. The road will be sanded however it is often very icy for cars without 4WD and when stopped. The race course crosses the road so it is likely any vehicles traveling to the trailhead will be stopped by road crossing volunteers.

Start Area Adaptive Ski (3K,1K) – Adaptive skiers, and volunteers, need to coordinate in advance with the Adaptive Chief Nancy Uschold (nuschold@yahoo.com or 906 458-2450) for accommodations and updates.

Adaptive skiers will need to meet at the Superior Dome at 9:00am to get on a shuttle to the start areas. The start area for the **3K** is the corner of CR 550 and Powder Mill Rd. Follow Presque Isle Ave North to Hawley Street and turn left (Hawley St becomes CR 550). Go approx. ½ mile to Powder Mill Road – turn right and park. Do Not cross the Dead River Bridge. You will see ski trail crossing the Dead River Pedestrian Bridge. The start line is on the east side of the bridge. The start area for the **1K** is the Hawley St crossing. Follow Presque Isle Ave North to Hawley Street. The ski trail road crossing is to the right. The start line is next to Biolife. Parking is available – go straight across Hawley St to River Park Circle.

Finish Area 50K/24K/15 Mile Snowshoe/12K – The finish area for all 50K, 24K, 12K events and the 15 Mile Snowshoe event is on the north side of the NMU Superior Dome.

Finish Area Adaptive Ski (3K,1K) – The finish area for the 3K and 1K Adaptive Ski is the NMU Superior Dome.

Wave Placement - Participant number, event type, and wave placement will be printed on each bib. Bibs are color coded by wave – if you are at the start line and your bib color is different than everyone around you, you are in the wrong wave. 50K Relay skiers will begin in Classic Wave 2 (Classic leg is first) as indicated. Placement in the elite wave (wave 1) is only by a top 50 finish in the previous year's Noquemanon Ski Marathon or by racer petition. The wave placement petition deadline is approximately 2 weeks prior to race day.

50K Classic – Wave 1 is the Elite Wave (200 skiers – bibs 1-50 have front seeding), Wave 2 (200+ skiers)

50K Freestyle – Wave 1 is Elite Wave (100 skiers), Wave 2 (125 skiers), Wave 3 (125+ skiers)

24K Classic – 4 waves (approx. 60 skiers per wave)

24K Freestyle – 5 waves (approx. 60 skiers per wave)

Touring Class – The touring class is for **classic skiers only** and is meant to be for people who are more interested in a casual skiing experience rather than a competitive race. You must have registered for this class. The touring class will start earlier than the racers. Please respect that this is a race and you should step out of the track or get to the side when a racer approaches from behind. **Single file skiing please whenever possible** as the entire course will

have traffic. Show courtesy to those who are trying to pass and be aware of those behind and around you. You must move out of the way of faster skiers. Touring skiers will **not** be eligible for age category awards and will **not** be eligible for overall awards.

Clothing Bag Tags and Bag Drop – Tags will be provided in the bib envelope for Saturday participants. **Tags are to be attached to your own backpack. The tag will have your bib number on it.** Participants are responsible for getting their bags/backpacks **into** the trucks next to each start area. Bags/backpacks will be taken inside the Superior Dome where they can be claimed following the race. Race officials are not responsible for misplaced, lost, or stolen property.

Lost and Found – There will be a lost and found area at the Superior Dome on race day. Look for the information booth or call 866-370-RACE.

VIRTUAL EVENT

A virtual option is available for 50K and 24K distances. The virtual event will be contested between January 18th and Saturday February 4th. Virtual registration will count as a completed Noquemanon but the time is not considered for wave placement in future Noquemanon Ski Marathon events and virtual participants are not eligible for age group or overall awards. In person Noquemanon courses are **CLOSED** to virtual participants on January 28th. The 50K course west of CR510 is closed at all times to all skiers outside of an in-person wave on January 28th as much of this area is on private land. The Noquemanon Ski Marathon only has access to this area on a very limited basis for course prep and to hold the event on the 28th.

WAVE START TIMES

All Times are Eastern Standard Time

Junior Noque (Friday Jan 27th)

4:00 pm: 5K Classic (AI Quaal)
4:30 pm: 3K Classic (AI Quaal)
5:00pm: 1K Classic (AI Quaal)

Noquemanon Ski Marathon (Saturday Jan 28th)

6:00 am: Superior Dome opens
7:00 am: Busing to start line begins
8:10 am: 50K Classic Touring
9:00 am: 50K Classic Elite Wave 1
9:10 am: 50K Classic Wave 2
(Includes Relay skiers)
9:30 am: 3K and 1K Adaptive Ski
9:50 am: 12K Classic (Men and Women)
9:55 am: 50K Freestyle Elite Wave 1
10:00 am: 50K Freestyle Wave 2
10:10 am: 12K Freestyle (Men and Women)
10:10 am: 50K Freestyle Wave 3
11:45 am: 24K Classic Wave 1
11:55 am: 24K Classic Wave 2
12:05 pm: 24K Classic Wave 3
12:15 pm: 24K Classic Wave 4
12:30 pm: 24K Freestyle Wave 1
12:40 pm: 24K Freestyle Wave 2
12:50 pm: 24K Freestyle Wave 3
1:00 pm: 24K Freestyle Wave 4
1:10 pm: 15 Mile Snowshoe Wave

Transportation/Busing & Parking

Please reference the separate busing schedule for times and locations. Printed busing schedules are available at the Dome.

Start Line Busing - Buses from the Superior Dome to the 50K, 24K, 12K, and 15 Mile Snowshoe start lines will be available for boarding at the circular drive on the west side of the Superior Dome (off of Presque Isle Avenue). The Superior Dome will be open at 6:00 am Saturday. Buses will start running at 7:00 am. Busing will be available from the Superior Dome to the start lines AND from the finish line back to the 50K start line. The bus ride to the start line of the 50K and 24K/15 mile snowshoe is approximately 30 minutes.

Busing to the start line of the 24K Half Noque/15 Mile Snowshoe is MANDATORY and it will be strictly enforced as there is no parking at the County Road 510 start area. Busing to the start line of the 50K and 12K is strongly encouraged and will help ensure a pleasant experience for participants. Please note that buses are for race participants only – no spectators are allowed on these buses.

Adaptive Skiers will need to make their own arrangements for transportation to and from the NMU Superior Dome.

The NTN Forestville Trailhead has parking for spectators but no parking is allowed on Forestville Road. The safety of participants (your friends and family) depends on emergency vehicles gaining access to this area if there is a health issue or injury. Your vehicle will be immediately towed if parked along the road – signs will be placed indicating parking areas. The road will be sanded however it is often very icy for cars without 4WD depending on conditions.

Finish Line Busing – Participants in the 50K can take a return bus from the finish line back to Birchview Elementary School (50K start area) if needed. Return buses will run on a regular interval. The first wave of relay skiers will finish at the CR 510 trailhead and start of the 24K Half Noque – these skiers can take one of the return busses staging from this area. A warming bus is provided in case no return bus is available at the time the relay skier finished. All Participants can take advantage of the ski valet, showers/locker rooms, and sauna at the NMU PEIF Building (this is the building connected to the Superior Dome) before taking a return bus to the start area of the 50K.

Before and After the Race Transportation -- Busing to select hotels is available. Please refer to the bus schedule.

ON THE COURSE

FIS Cross Country Rules for Classical Technique – All FIS skiers will have to follow all FIS rules including uniform marking rules. Skis will be marked at the starting line. Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double skating is not allowed. Turning techniques comprise of steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are not allowed. This will also apply to competitors skiing outside of the set track. **Failure to abide by this rule may result in disqualification.**

Jury Notice and Protests – A jury meeting will take place at 3:45 pm on Saturday Jan 28th. All protests must be submitted at least 15 minutes prior to 3:45pm to the Race Director. Protests after this deadline will may not be considered. The jury will consist of Race Director Jason Rolling, Timing Official Sam Graci, Technical Delegate Jim Tervo, and Assistant Director of Race Paul Johnston.


Food and First Aid Stations – 7 Aid stations are located throughout the 50K course with an 8th inside the Superior Dome. They will contain Hammer HEED Energy Drink, water, and food (varies based on availability). Hammer Energy Gels will be available at aid stations 4 and 6.

Ski Poles - Ski poles will be available at all aid stations and at the start. Aid stations are manned by volunteers so give them your thanks as you pass by.

Conduct – Any participant that engages in unsporting behavior towards another participant, or a volunteer, may be DNF'd and banned from future events. Rude or abusive behavior will not be tolerated.

For safety reasons, earbuds/headphones are not allowed on the course – participants need to be aware of their surroundings and be able to hear others.

Timing Chip – We use Chip Timing Technology. **The chips will be adhered to your race bib using a foam tape.** Please do not remove foam tape or chip from bib.

 **Course Aid** – The Marquette County Search and Rescue, Hiawatha Amateur Radio Operators, National Ski Patrol, and the Marquette Twp Fire Dept will be on the course for your safety. If you need medical assistance, or notice another participant that does, please take note of the bib number and last K marker seen and let someone at an aid station along the route know. Aid stations have access to emergency personnel. First aid will also be available at the finish line inside the NMU Superior Dome.

While cell phone service is not available along all of the course there are places that do and we encourage participants to carry a cell phone in case of an emergency and no help is within a visible distance (dial 911).

Cut-off Times – For participants who are not on pace to reach the cutoffs.

At 2:00 pm all 50K skiers will need to be past North Basin Drive (approx. 21K's from the start line). The Trail entry point at this location will be closed promptly at 2:00 pm. No one except safety and course officials are permitted past this point after 2:00 pm.

All participants must finish by 4:30 pm. A race official, or Search and Rescue personnel, is required to stop you (for liability reasons) and you will need to remove your race bib. For safety reasons these participants

will not be permitted to continue on the course. Our officials will arrange a ride back to the Superior Dome. No participants are allowed on the course after the cutoff.

The finish line announcer will only be present until 4:30pm.

Drop Outs – If you are not able to complete the race for whatever reason, you are required to notify the nearest First Aid Personnel or aid station. Your bib number will be relayed to the finish line and timer. The Race Director, at the finish line, will have a listing of dropouts. Please inform your family or friends to check with the Race Director at the finish area if they are concerned about you.

Participants that drop out may also choose to notify the timer directly by texting “DNF” to (906) 421-4811 with participant name and bib number.

If a participant leaves the course and does not inform an official, race organizers will (after contacting phone and e-mail addresses provided on the registration form) have to assume the participant is lost and will send Search and Rescue. The participant will be responsible for any cost incurred for search activities.

Finish Line – Your bib number will be recorded electronically after crossing a timing point at the finish line with chip timing technology. The NMU Superior Dome has the bag drop, aid station, showers, sauna, ski valet, massage therapist, ski expo and results. Showers and saunas are in the adjoined PEIF building. Overall top 3 of classic marathon (50K) male and female winners should stay near the finish for overall finish photo and interview.

Live timing – your friends and family can log on to www.superiortiming.com to view live timing results that include when you pass timing points on the course.

POST RACE

Ski Valet - At the completion of the race, inside the Superior Dome, is a free ski valet. You can turn in your skis and poles or snowshoes to the valet, while enjoying post race activities.

Post Race Activities – An aid station is inside the Superior Dome. Warm up with hot soup and rehydrate with Water, HEED, and other beverages. The aid station is for skiers and volunteers only. Beverage service featuring Blackrocks Brewery 51K IPA, the

official beer sponsor of the Noquemanon Ski Marathon, will be available for purchase.

Participants will have the ability to get results printed at the NMU Superior Dome and print race certificates on our web site after the race. Certificates will be a keepsake showing your finish time and split times.

The locker rooms, hot showers, and saunas will be open until 6 pm and located in the NMU PEIF building which is connected directly to the Superior Dome – follow the signs.

Results – Live stream result postings will take place periodically at the NMU Superior Dome and race receipts will be available. Screens will also be set up throughout the Dome so that participants can check results. The final results will be available by 5 pm. Race results can be found at www.superiortiming.com and www.noquemanon.com

Photo and video services - Marquette photographer Andy Gregg will be taking photos which will be available to view at www.marquettephoto.com. Nick Jensen of FloLine Media will be out on course taking video footage.

Awards Ceremony – SATURDAY EVENTS: The Marathon (50K) and Half Marathon (24K)/15 Mile Snowshoe/12K awards ceremony honors the overall top three winners. The awards ceremony will be held at the Superior Dome at approximately 5:00pm.

Age category winners of each race will not be presented on stage but will be able to pick up their awards at the awards table once results are finalized. Age category winners will need to present their finish receipt, available at the results table in the dome, to the awards table to pick up their award. ****Please get your personal finish receipt prior to approaching the awards table if you want to claim your award.**

Blackrocks Brewery is the **Official Beer sponsor** of the Noquemanon Ski Marathon. Participants 21 years of age or older can enjoy a 51K IPA available at the bar during the awards ceremony.

Raffle - There will be raffles of great merchandise and prizes during the awards ceremony. You must be present to win! 3 raffles will occur with one grand prize raffle drawing. **You don't want to miss it!**

Skier Survey – In order to help us continually improve your Noque experience, please take some time to fill out our survey at www.noquemanon.com after the race.

PRIZES AND AWARDS

50K – Only the 50K Classic race features cash prizes. All 50K podium winners are to stay at the finish line for race photos. Cash prizes awarded at awards ceremony at the NMU Superior Dome. Top prize (men's and women's division) 1st place is \$1,000, 2nd place is \$500 and 3rd place is \$250. Overall winners will also receive the mega large, beautifully engraved Noquemanon Moen Cowbells. **Please note that only Wave 1 skiers are eligible for Overall Awards in the 50K Classic & Freestyle.**

50K Relay - There will be three Team Relay divisions. Overall Male, Overall Female, and Mixed

24K - The top three men's and women's 24K racers in the classic and freestyle races will also receive a beautifully engraved Noquemanon Moen cowbell. *Overall winners can come from any wave.*

15 Mile Snowshoe - The overall and top three men's and women's 15 mile racers will also receive a beautifully engraved Noquemanon Moen cowbell. Separate categories for women and men are divided as follows: 24 and under, 25-34, 35-44, 45-54, 55-64, and 65 and over.

12K - Bells go to the top three finishers in each age group for both Classic and freestyle techniques in both Male and Female categories as follows: 14 and under, 15-18, 19-24, 25-34, 35-44, 45-54, 55-64, 65-74, 75+

Age Group Awards - Engraved Noquemanon Moen cowbells will also be presented to the top three finishers of each 50K, 24K & 15 Mile Snowshoe race in each age category. Separate categories for women and men are divided as follows: 15 and under, 16-17, 18-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 and over. *Overall top three winners will not be eligible for the age category prizes.*

Age group awards will need to be picked up at the awards table inside the Superior Dome.

20 Year Legacy Skiers – Special awards will be presented to skiers that have participated in 20 editions of the Noquemanon Ski Marathon. Please contact registration at registration@noquemanon.com to identify yourself as a 20 year skier in order to receive your award. This is on the honor system.

10 & 15-Year Gifts – Awards will be presented to skiers that have participated in 10 and 15 editions of the Noquemanon Ski Marathon. Please contact registration at registration@noquemanon.com to identify yourself as a 10 or 15 year skier in order to receive your award. This is on the honor system.

Founder Bibs – Skiers who have skied in all 25 editions of the Noquemanon Ski Marathon will be issued a special Founder bib. Please contact registration at registration@noquemanon.com to ensure you receive the correct bib. Founder status will need to be verified by the timing team before providing a Founder bib.

Special Thanks

Title Sponsor – Nicolet National Bank

Major Sponsors – Travel Marquette, Eagle Mine, Delft Bistro, Donckers

12K Sponsors – Upper Peninsula Health Plan (UPHP)

Adaptive Sponsors – Superior Alliance for Independent Living (SAIL)

Videography – FloLine Media

Volunteer Sponsor – Active Physical Therapy

Official Beer Sponsor – Blackrocks Brewery

Rundman Jacobson Jr. Noquemanon – A generous gift in memory of Cheri Rundman has made the Jr Noque free for all youth. Meijer, VAST, Trimedia Environmental & Engineering

Our Landowners - without whom we could not hold this event: Karen and Al Koskey, American Transmission Company, Lowell Anderson, Barry Patterson, Blue Heron Bluffs Condominium Association, Blue Heron Bluffs 2, City of Ishpeming, City of Marquette, Cleveland-Cliffs Inc, Dead River Campers Association, Dead River Storage, David and Linda Denofre, Megan and Shannah Erath, Noquemanon Trail Network, Jesse LaForest, Great Lakes Forrest 2 and Manulife Financial Corporation, Ishpeming School District – Birchview School, Carol Gamber and Cary Gottlieb, Longyear Realty Corporation and JML Heirs LLC, LS&I Railroad, Marquette Board of Light & Power, Northern Michigan University, Brad and Elizabeth Heinzman, Peggy and Karl Weber, Shelley Saxwald, Hoponaussu OZ LLC, UPPCO, WE Energies, Jim and Terri Storti, Lyme Great Lakes Timberland

A complete sponsor list is available on the race website at www.noquemanon.com. Thank you sponsors!