



Sunday, January 10, 2010



AMH



Speed Skate-Skate Ski Duathlon

Midtown Park

~4 km skate, ~4 km ski



Sponsored by:

Alaska Mountaineering and Hiking

Alaska Speedskating

Alaska Pacific University

Nordic Ski Association Anchorage

Registration at noon

Races start at 1PM

\$10 - pay the day of the race
+donation to ice maintenance

Categories:

Men, Women, Mixed, Kids

Individual or Relay

More Info:

<http://www.alaskaspeedskating.com/duathlon.htm>

Peter Haeussler: 688-6585, Marc Phillips: 564-8314

**Skate skiers:
learn speedskating
technique:
Mondays 12:15-
1:15PM
Thursdays 5:30-7PM
Sundays 1-3PM**



Nordic Ski Association Anchorage

