



# 2014 Pagosa Springs Quad Challenge

~ Pagosa Springs, Colorado ~ Sunday, March 2, 2014 ~

- ~ 7:00am Registration ~ 7:45am Racer Orientation~
- ~ 8:00am transport to Chain up area and West Fork ~
- ~ 9:00am Quad Start at the West Fork Trailhead~

**9am Start at the WEST FORK Nordic Trail located 15 miles east of Pagosa Springs on Hwy 160.**

**All racers must be present at Racer Orientation at the Chamber of Commerce at 7:45AM, please be on time!**

~ 10km Freestyle Nordic Ski

~ 5km Road Run Begins at the Nordic trail head, run up the dirt road (maybe snow covered) to Hwy 160, then run east on Hwy 160 (north side of road only, on shoulder) to the pull-off across from Treasure Falls pull off, then turn around and head back west to the chain up station.

~ 22km Road Bike Begins at the chain up station, road bike ride heading west back to Pagosa Springs along Hwy 160 shoulder. When in Town, you'll turn left at 2nd Street or turn left at the Hot Springs traffic light to get to the Springs Resort Pool.

~ .5km Swim(20 lengths(10 laps))In the Springs Resort's geothermal heated outdoor pool.

Some Shuttles will be available to transport Racers, Ski Gear, Bicycles, Shoes and transition gear, on a first come basis.

All others must transport themselves to the start.

Bicycles will be dropped and staged at the Chain Up station.

Racers, Skis and Running Gear will be dropped and staged at the West Fork.

Please Contact us at PagosaNordic@Gmail.Com to RSVP and confirm race and shuttle details.

**Register via [PagosaNordic.com](http://PagosaNordic.com)**

**or**

Race Registration Forms can be mailed to: PNC, PO Box 568, Pagosa Springs, Co. 81147

**or**

Bring to the Chamber on Sunday Morning. **Checks payable to "Pagosa Nordic Club".**

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## 2013 Pagosa Springs Quad Challenge REGISTRATION FORM

First name

Last name

Race BIB number

Mailing address

Email address

Phone numbers (day) (cell)

Other team members BIB Numbers #1\_\_\_\_\_. #2\_\_\_\_\_. #3\_\_\_\_\_.

Solo Racers or Teams of up to 4. **\$30 per person**