

Crotched Mountain Race Team

Helpful Tips and Resources



Our Mission

CMRC Mission The Crotched Mountain Race Club (CMRC) is a volunteer run 501(c)3 non-profit organization (Federal Tax Identification Number (EIN) is 83-0466654) dedicated to the support and enhancement of the Crotched Mountain alpine ski racing program. We promote the love of skiing in an environment focused on positive competitive attitudes, friendship, athleticism, and the spirit of teamwork. CMRC advocates for the youth race program, coordinates parent volunteers, provides organizational and administrative support, maintains communication between the race program families, coaches and Crotched Mountain, and contributes financially in ways that enhance the race program for our athletes.

Table of Contents

Links to our page and parent resources.....	(2)
Connecting with Veteran Families	(2)
Getting Started.....	(3)
More Helpful information Poled from Parents of Racers.....	(7)
Frequently asked questions directly from the Homepage.....	(9)
Home Races- Race Day: We Need You.....	(11)
Away Race Locations and Helpful Information	(14)

Here is a direct link to the [Crotched Mountain Race Club](#) page.

Here is a direct link to [Parent Education Resources](#) on the Crotched Mountain Race Club page.

Is your family brand new to the Crotched Mountain Race Team? Reach out to the Board at admin@crotchedmountainraceclub.org and we'll keep you posted on meet and greet sessions with veterans to the community to answer any questions

Getting Started

Do I have to register each year for the program?	From the CMRT homepage: Yes, registration is with the mountain and your racer(s) will need to be registered each year. To sign up for the program, please visit the Crotched Mountain Website where you can pay for the program. In addition, please register with the Club - this registration is free, and it will allow us to add your athlete to the roster, and make sure you are getting all of the communications from the team and the coaches.
What other race registration is needed? As soon as any registration information is available, it will be communicated to parents as soon as possible.	For athletes participating in U10 and older races, particularly for USSA sanctioned races, your child will have to be registered with NHARA. USSA registration is required for U16 and above who wish to have USSA points, in order to race in NH. The USSA competitor membership is required for all levels of scored races in the Eastern Region. U8 and younger athletes do not need to be registered with NHARA or USSA to race. NHARA (New Hampshire Alpine Race Association) website you can find applications and instructions for registration here: www.nhara.org. Registration and fees for new and renewing athletes are due in October each year before late fees apply for the application process. USSA (U.S Ski and Snowboard Association) and you can find registration information here: ussa.org FIS (Federation of International Skiing) races, for those that are racing at the FIS level, you can find the Alpine FIS registration at the USSA website.
Coaches	A note about our coaches: These people work their tails off for your racers. There is a lot that goes into how they coach and each of them has his or her own techniques and valuable skills to share with the team. What you see as a parent is not always what your racer is experiencing and learning. Our coaches are talented, skilled, and patient. They understand that they are entrusted with our children and will do all they can to help your child to become the best racer he or she can be. This being said, effort is not a one sided coin. It's a many-sided die, your support and your racer's comportment and work are necessary for a successful and enjoyable season as well. Communication with your coach is important. They will be in contact with parents regularly, but they appreciate and value supportive and constructive feedback as well. If you have specific questions about your racer, their gear, their goals, or something about their training or technique, it may be best to email your coach directly rather than speak with them prior to training, at lunch, or after training. If you do not get an answer that is satisfactory, it's not because the coach is inadequate or lazy, it can be a lot to field on-the-spot questions. They are very knowledgeable about a lot of things, but they are also human. Give them the benefit of the doubt and trust them. Give them space too, especially

	at lunch time. There are a lot of other parents and support for the Crotched Mountain Race Team. If you are frustrated, say something, but please be kind when you do.
Is there special equipment needed?	There are basic equipment needs for the race program. The following describes the basic needs for the athlete; please contact your coach for specific questions on the equipment. Look on the CMRT site under teams for necessary equipment for each level. The NHARA website, nhara.org provides additional information on the following: Helmet regulations for U14 and older racers, NHARA rules and regulations can be found in the NHARA Handbook, & USSA Rules and Regulations on equipment and age classification can be found on their website here. Here is another link to a helpful resource for sizing ski sizes, as well as other gear and tuning information: How to Size Race Skis Here is a link to sign up for ExpertVoice. This is an excellent site you can use, to purchase gear at discounted prices, once your racer is registered with the USSA. Use your USSA id number to create an account. There is information about how it works on the site. Team Jackets: If you are looking to order jackets, and other CMCC branded gear see the Sync web site: syncperformancecustom.com Password: crotched22. It's noted that it's important to order earlier than October 15th.
Race Ski Tuning	There will be a clinic about tuning your racer's skis. There are also a lot of parents who are happy to help you as you navigate learning about the process and maintenance of the skies and gear. Skis should be tuned regularly, but especially before a race. Most of these items are available on ExpertVoice at discounted prices. Ski Tuning Basic Tools Stone: Diamond stones are best, available in ski shops and some knife shops Cost is approximately \$15 to \$30. File: Single cut 10 inch or 8 inch both work fine Chrome files will last much longer; they are available at most ski shops. Chrome files cost approximately \$20. Regular steel files don't last quite as long, however they will work well. They are available at most hardware stores for approximately \$10. File Card/Cleaning Brush: Used to clean your files; available at ski shops and hardware stores

File Guide and Clamp: Used when filing the sidewall side of the edge. Get an 87 degree guide. Base bevel flat file guides are available at most ski shops.

Sandpaper: One sheet of emery cloth or 400 grit sandpaper for dulling tips and tails. One sheet of 120 grit for sharpening scrapers; available at hardware stores

Side Wall plane: Special tool used to prep new skis (taking off the sidewall to access the edge) Best to let one of the coaching staff show you how it works as it can damage your skis if used incorrectly

Clean Rags: Used to wipe filing off your skis and hands

Base Filler: New kind comes in a powder and is ironed into a gouge, then scraped off with a plastic scraper; available at most ski shops and mail order outfits. Keep in mind that small aren't important to fill, and large ones that are rather deep should be taken care of at the ski shop

Waxing

Brush: Available in brass, nylon (white) and horsehair (generally black). Nylon should be all you need at this point; get the large 3x5 inch. Nylon is all you need for brushing your skis before waxing and after scraping, available at most ski shops.

Scraper: Standard plastic is all you need; available at most ski shops. Keep your scraper sharp and burr free with the side wall planer.

Iron: An old style clothing iron will work, however a multi temperature wax specific iron is preferred. Any brand is ok; get the standard Hydrocarbon wax for warm conditions.

Swix base prep: (Red) is excellent training conditions and good for your skis.

Ski Straps: Always use two straps (tips and tails); you can also use them to hold brakes. Cross structured skis will be slow no matter what wax is on them!

Box or Kit: An old tool box or fishing box works fine to hold all your gear. Small ones are better. A large kit is harder to take with you on trips. Put your name on all of the tools and put a lock on the kit. You never know what strangers may want to borrow from your kit if you leave it unattended at a common wax room.

More Helpful Information Poled from Parents of Racers

When does the season start? Use the Calendar to view Crotched Mountain Race Club Events. Click an event name to see details about the event. You can also subscribe to the calendar.	There are events that lead up to the ski season. You can find information for these and training on the Crotched Mountain Race Club Calendar. On-snow training begins as soon as there is enough snow at Crotched to begin running the lifts! More on this below at: “What is the training schedule?”. Dry land training is coordinated by the board and varies from guests to hiking meetups, which is great exercise, team building, and socializing. It’s an opportunity for parents to get to know each other as well. Coaches may not be present for these hikes, that’s not a bad thing. In addition to the dry land training in late summer and fall, there are other gatherings and events that may occur. Any all-club events will be communicated to families in advance, and will be on the calendar. If you have any questions about an event, please do not hesitate to reach out to the board at admin@crotchedmountainraceclub.org.
Where is the race team located?	The Alpine Training Center (ATC) is the building to the left of the Rocket lift after the main lodge if you take a left into the Crotched parking lot. It is a shared space for racers, freestylers, and their families. It includes space for gearing up and dressing down on the main floor and downstairs. Other amenities include a kitchenette with a refrigerator, microwave use, coffeemaker, and kettle. The main area also includes a tuning station. There is a bathroom downstairs and upstairs, however the office space upstairs is typically limited to coaches and parent volunteers on race days. We encourage families to use the main lodge or porta potty, since the bathroom facilities in the ATC are limited.
When should we arrive on training days?	It’s recommended that if you and or your racer(s) plan to use the ATC, to arrive in time to get parking in the lot near the ATC and the Rocket Lift. Training begins at 9 AM. Many families arrive by 8:15. The most important thing is to allow enough time so racers are outside and ready by 8:55 for the 9 AM start.
Tuesday Night Training 6 to 8 PM	These training sessions are not mandatory, but they are super fun and helpful for athletes and parents alike. Skiing under the lights is a great experience. Be sure to have light or clear lenses for your goggles. Pack some dinner for yourselves or to share, and get your racer some extra time on the slopes. A small fee applies, which can be added or removed at time of program purchase. This is essentially gate only training, coaches are the top and bottom of the course. Athletes do laps on the course. This may vary depending on the athlete division.

Tailgating, Lunchtime, sugar	Please know that charcoal and open wood fire are prohibited, gas camp stoves and grills are allowed. If you are curious about tailgating, all the folks who do are friendly and will happily talk about their equipment, if it's something you're thinking of purchasing. They love it and their setups almost as much as they love skiing and gear talk. If you tailgate, please take care of your trash. There are trash bins near the porta potties and near the side entrance to the main lodge. Many families and racers opt to bag a lunch and eat in the ATC, some break at their vehicles, others still will head into the main lodge. It's up to you and your family to decide what's best for you. A note about candy and sugary foods: Please avoid giving candy and sugary foods to the racers during training and race days.
How does communication work during the race season?	Coaches and the Board communicate via Teamsideline and email. Additionally, coaches reach out to families around mid week to late week prior to training on Saturdays and Sundays, so families can be prepared for the weekend. TeamSideline is a very helpful communication tool that is safe, and efficient for coaches and athletes. It is a tool to keep everyone informed, without the need to share other personal contact information. TeamSideline is the official communication tool Crotched Mountain Race team will use. Here's a link to download the app. TeamSideline app
What should my racer/s have in addition to the gear list we received?	We recommend coming with layers that can be changed out or added depending on conditions. Avoid cotton. Be prepared for all kinds of temperatures. Additionally, face protection from wind, cold, and sun such as bag balm, sunblock, and a balaclava are helpful. Racers sometimes even change gloves part way through a training day depending on conditions and sweat. Portable snacks like granola bars are helpful, since a racer can keep it in a pocket for a quick snack on the lift. Make sure your racer has plenty of water they can keep with their stuff in the ATC for breaks. Hand and foot warmers are helpful as well.
What about cell phones and smart watches?	The responsible use of devices with your child is recommended. If your child carries a phone, it should not be out when they are training. It makes sense to carry the phone in case of an emergency, but they should not need the phone if they are with their coach and teammates. Your racer's coach will also have a phone in case an issue arises. As for parents taking photos of racers: often during race days, you may want to photograph your racer or their teammates. It is helpful to have photos and they can be shared to the race team Facebook Page where families can access

	them. Occasionally, we may also have a professional photographer for race days. Please be aware not all families consent to sharing athlete photos on social media so please be mindful.
Who cares for and cleans the ATC?	We do. It takes a village, folks. Anytime you can lend a hand to keep it neat and clean is very helpful. Remind your racer to keep their stuff in a designated space, and clean up after him or herself. While Vail stocks us with paper products such as paper towels and toilet paper, it's not always guaranteed, and when the trash cans are full, we take the bags out to the dumpsters that are located near the side entrance to the main lodge. Donations of paper plates, cups, napkins and utensils are helpful for race days. If you see a mess, take initiative and do not hesitate to ask anyone who uses the ATC for help. More about donating and sponsoring the club can be found at Crotched Mountain Race Club.

Frequently asked questions directly from the Homepage

What sort of race information should I know about?	There are a number of races scheduled each season, and the locations and dates vary year to year. The CMRC website will provide a list of scheduled races for the season. For further details check the NHARA website for specific race information and scoring. You can check this site, nhalpine.org/childrens for the schedule of all children's races for the 24-25 season. Here are links to find the NHARA Handbook and Eastern Alpine Region US Ski and Snowboard.org. As for information and an introduction to each of the Crotched teams and things like needed gear to compete at each level, U8-U19, go to the Crotched Mountain Race Club Page and on the Menu bar across the top, click on Teams.
What is the difference between a "Scored" vs "Non-scored" race and what is an "Open" race?	"Scored" competition is applicable to the U16 and above. U16 (14 and 15 year olds) competition is a transitional step between children's racing and seeded competition. Eastern U16s compete at the state level in a scored qualifying series for selection to regional events. U16s may compete in USSA scored competitions at the discretion of the coach in order to begin developing a point profile (recommendation is not to exceed 16 starts). Any USSA points earned at these events will be valid as soon as they appear on the USSA points list but may not be used for qualifying or seeding in qualifying events. A current USSA Competitor License is required for access to seeding and points.

	“Non-scored” competition is applicable to the U14 and below. NHARA Children’s Racing programs provide an opportunity for boys and girls 15 and under, to develop their skills and experience the benefit of competitive alpine ski racing. The Children’s Racing ladder is designed for easy entry to the sport of ski racing and strives to provide appropriate levels of the development and racing experience for each age group. As skills develop, the more experienced racers can advance to regional events and beyond. An important organizational element in the U10, U12 and U14 programs, is the grouping of racers and events by Divisions. Divisions are configured with sensitivity to geographical compatibility and manageable field sizes. “Open” races require the parents to register the racers and is not the responsibility of the coaches. In addition to Divisional events, there are extensive opportunities to race in USSA Open Races. The local Open Races are of a type and schedule to have the added benefit of serving as preparation for the Divisional events. Team coaches will communicate the list of races the club will support at the start of each season. All participating athletes must have the appropriate USSA Membership as well as NHARA Membership. A NHARA membership is not required to enter USSA Open Unscored races. Both memberships are required for NHARA U10-U16 sanctioned events. Any current USSA Licensed Competitor with a current state affiliation, NHARA member or not, may enter NHARA races (except for the NHARA U16 Qualifier Series) subject to the race organizer’s field size limits and the series specified requirements. The Open Races designated as Macomber Cup, Tecnica Cup, and Spring Series races are subject to the series specified requirements.
What information is needed for race day?	Your coach will provide you updated information prior to each race. The race schedule is provided on the CMRC website and the hosting mountain websites may have additional information for parking, registration location, and location for the racers to report into. There are race fees that will be paid to the hosting mountain, when you register via SkiReg or SkiAdmin (depending on the race). Registration forms may be needed on the morning of the race, please confirm with your coach on the specifics for the race. (there is more on this in the next sections of the packet titled “Race Day: We Need You” and “Away Race Locations and Helpful information”).
What is the training schedule?	Information on the schedule and time for this training will be provided on the CMRC website Calendar as times and dates are scheduled. Once there is snow on the ground and the mountain opens, training will start at 9am Saturdays and Sundays. Specific Super-G training will be scheduled and teams will be notified

	of those training dates. Mid-week training will take place on Tuesdays. The coaches will inform you of specific training schedules each week, to assure the correct equipment is available for that training day.
What sort of parent involvement is required?	The Crotched Mountain Race Club is a parent volunteer organization. There are a number of volunteer opportunities needed. The largest demand for volunteer support is on a race day at Crotched Mountain. A list and description of roles is available on our web site under Parent Resources. It is also in the next section of this packet. A sign-up will be posted prior to a scheduled race for race day jobs. It will be clear in the communication how to access the sign up. Additional support for the club is needed for non-race related jobs, including ATC cleaning and improvements, infrastructure support, training support and fundraising efforts. Please contact the CM BOD members for further inquiries on parent support, questions, and or concerns. Here is an email address: admin@crotchedmountainraceclub.org

Home Races - Race Day: We Need You!

Preparation:	Coaches will be in touch usually more than once prior to a race whether it is home or away via email and/or Team Sideline. Make sure you and your race(s) get plenty of sleep the night before a race. Whether the race is home or away, pack extra clothing for your racer(s), and dress for the job you have (when we are the hosting mountain). For example, if you're going to be a gate judge, dress in warm clothes and be prepared to be in ski boots if you are up on the hill, or prepared to hike up if you are judging closer to the finish. Athletes need to arrive and be ready when and where their coaches say the designated meeting time and place are. When we host a race, parent volunteers should meet at the ATC at their assigned time and check in with someone on the BOD for instruction. If your role is outdoors, please dress warmly and appropriately for the mountain and have fun!
What your racer does on race day	No matter whether the race is home or away, after your racer(s) gear up, they meet their coach. The coach will speak with them about conditions, general reminders, and preparations for their race. They'll load lifts and head to the top of the course for course inspection. Here's a link that further explains information about course inspection. After course inspection, there is a waiting

	period as the race begins. There is usually a roster of racers broken up by their age divisions available at registration. While you can also track your racer's times on nhalpine.org, sometimes it lags, and it is better to just watch and be present for the race. Once the race begins, things go quickly, it's best to hang in, watch and cheer on racers once their division begins their heat. Racers typically will hang with parents and team supporters once their race is complete. After the first round of all racers is completed, a short break that can include lunch occurs. Timing for this will vary depending on several variables. After the break, racers are instructed to meet their coach or coaches to complete another course inspection since the course will have been reset. Once this is completed, racing can begin again. After the second round of racing is completed, times are tabulated and rendered so ranking and awards can occur. The Crotched Mountain Race Team encourages racers and families to participate in the awards ceremony that will follow as quickly as possible after the race.
Volunteer Roles: There's a job for you! This information is right on the Crotched Mountain Race Team Web Page. These roles do not require any certifications, and the Club will provide training for all volunteers. Please reach out to your coaches, or admin@crotchedmountainraceclub.org for any additional information.	These are an example of roles for a home race: Coach and Volunteer Check-in and Registration: This volunteer is responsible for checking in coaches from other mountains the morning of the race. Bib Collection: Collect bibs from athletes as they finish their last run and store for the next race. Potluck Coordinator: Coordinate parent potluck dishes at all races hosted by Crotched Mountain, this includes clean up of the potluck and consolidating throughout the morning and afternoon as food is eaten. Hand Timers - Top of Mountain: Responsible for accurately running the hand timer and recording the time for each racer. This timing is critical as it is the back up in the event that the electronic timing system fails. The Hand Timer is required to bring all completed timing sheets to the finish shack/booth at the end of EACH run. Hand Timer - Bottom of Mountain: Responsible for accurately running the hand timer and recording the time for each racer. This timing is critical as it is the back up in the event that the electronic timing system fails. The Hand Timer is required to bring all completed timing sheets to the finish shack/booth at the end of EACH run. Back up Time Recorder: The backup timer is responsible for the "B" (backup) timing system, monitoring it for proper recording of racers times. Announcer: The announcer is located in the timing booth and announces

	"racers on course" including the bib number, name and club affiliation as well as finish times. The announcer also makes general announcements as requested. (SOMETIMES THE LOUDSPEAKER DOES NOT WORK WELL. THIS IS NOT THE FAULT OF THE ANNOUNCER OR THE PEOPLE IN THE BOOTH.) Starter: The Starter is the member of the Timing team that is responsible for starting each racer. They are in radio contact with Timing and help to control the rate racers are put on the course. Assistant Starter: Helps the Starter by getting athletes in correct order, helping prep athletes, etc. Course Maintenance: Course Maintenance workers are responsible for prepping the race course and maintaining it during the race. Installing and removing B-net and the finish corral are two of the prime responsibilities. (Sideslipping is hard, so it's recommended that advanced intermediate and above skiers volunteer for this position.) Head Gate Judge: The Head Gate Judge is responsible for organizing gatekeepers. They distribute gate judge score cards, pencils, etc and collect the score cards at the end of each run, giving the cards to the Finish Referee. They also count and number gates after the course is set, assign gate judges and ensure they understand their responsibilities. Gate Judge: The Gate Judges monitor a section of gates during the race to ensure that all racers correctly pass through the gates. Gate Judges record all faults on a scorecard and report information to the Head Gate Judge at the end of each run. The job is critical, but not difficult. Attention to detail is important. To learn more, watch this training video.
Alpine Official (AO) Certified Positions:	These roles are only for when a race is home. They are roles that require more training and a certificate. Chief of Course: The Chief of Course is familiar with all local snow conditions on the race terrain and is responsible for the preparation of the course. The COC generally supervises course maintenance during the races and supervises all clean up operations. Start Ref: The Start Referee is responsible for controlling access to the race hill during the inspection period and the race and recording each racer leaving the start in the exact order of start. The Start Referee remains at the start throughout training and the race to make sure that the regulations are followed.

	Finish Ref: Responsible for recording each racer as they cross the finish line in exact order of finish. Computer Timer: Runs the "A" (primary) timing system computer and communicates with the starter and Chief of Race to determine the pace that athletes are put on course. Chief of Race: The Chief of Race is responsible for organizing and administering the race and must be AO certified. They are one of three members of the Jury. The COR coordinates all volunteers and sends out the race schedule at least 1 week prior to the race (with coordination from race secretary). Chief of Timing: The Chief of Timing is responsible for coordinating all timing officials as well as other officials at the start and finish, for deciding the interval between starts, assuring the synchronization and accuracy of the timing and the accuracy of the official results.
A few important things to understand about race days we host:	If you have a volunteer role, stick to it. If your job has a break or your job has lag time, take a break, check in with your racer(s), take a run. Read the room and see if another adult volunteer(s) needs assistance when you get back. If you have a walkie talkie for your job, keep the airway as clear as possible. If you have a question that pertains only to your racer, take it up with the coach after both heats are over. Coaches are on the hill and working during the race. Their lunch may be their only break, if they get a lunch. Chances are if there is an issue with your racer, there are a lot of people aware of and working on it. Do not enter the announcer booth unless you are a coach, a board member, or have a volunteer role in the announcer booth. Parent volunteerism and involvement is crucial to a successful race program, but especially during race days we host. There are bound to be hiccups. Do not feel like you need to solve a problem by yourself. Ask for help, and if you're asked for help, or requested to do something by a coach, a board member, another parent, a racer, a guest, please try to help or point the person in the direction of someone who can help. Adults are role models, how we treat each other is visible to our children and guests. This matters.
After a race:	B-Net parties: Happen after a home race and are not exactly parties, but if you are invited to help out, know that the more people who help take down b-netting and get it taken care of, the sooner we can celebrate the racers and

	enjoy their accomplishments. This also keeps up good relations with the resort. We are using their space, and good stewardship and safety is something they appreciate. Results: It takes time for the folks up in the booth to tabulate and render the race outcomes. Be patient and be prepared to wait a little while for results. Award Ceremony: Whether we're home or away, please stick around for the awards. Even if your racer did not have the best day, maybe a teammate did, and when that person feels support from his or her peers it brings the team together. Team solidarity is visible and palpable when we're all together. Clean-up: While the person in charge of organizing the potluck is in charge of cleaning up the potluck after a home race, it is very helpful for them and all who use the ATC to pitch in with clean-up in general.
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Away Race Locations common for U10, U12, and U14 and Helpful Information

(Please talk to your Coach for U16 and U18 races and information)

What to Know:	There are several mountains where we compete throughout the season Find links to information about these mountains, parking, and overnight accommodations. Some families may find it convenient to stay overnight near the host mountain, but it is not required.
Gunstock	Gilford often hosts the first away race of the season, the Gus Pitou Race. In memory of Olympian Penny Pitou's father. Parking here is far away from where their ATC is. Be prepared to bring your stuff for a walk. Arrive at the mountain understanding it will take around 10 minutes to walk to the ATC and where the race course ends. Your coach will let you know a landmark for where your child should meet prior to loading the lifts for course inspection. Here is a trail map of the mountain. Here is a link to overnight accommodations on the Gunstock site. Parents who plan to ski will need to purchase day passes.
Pat's Peak	Henniker hosts the Kratz Memorial Slalom, the Josh Russell Memorial Race and other races such as last year's U12 Champs. Parking is tight. You'll want to arrive with time to get a space. The hike up to their ATC is something you'll also want to allow around 10 minutes for. Coaches usually will ask their teams to meet near the large pine tree outside their ATC. From the ATC there is another brief walk up to where the race course ends. Here is a trail map as well as a link to overnight accommodation on the Pat's Peak site. Parents who plan to ski here will need to purchase their day passes.

<u>Abenaki</u>	This is a qualifier race for U12 and U14 in Wolfeboro. This hill is small and parking is fierce. Park at the hockey rink across from the hill. Parking here is tight as well, so arrive early to get a good space. Abenaki has the largest tow rope system in New Hampshire. It is recommended that racers use gloves like <u>Kincos</u> so that they are not worried about ruining them during the race because of the tow. Aside from the site, Kincos or similar gloves can be found at most hardware stores. Here are <u>overnight accommodations</u> from Booking.com.
<u>Mount Sunapee</u>	Located in Newbury toward the end of the season, the TShirt Race is hosted by Mount Sunapee. Sunapee is part of Vail, so if you have a pass, you can use it here! Parking here can be a competitive sport. Arrive early, usually at least one Crotched family will park along the area known as “the beach” so we have a large space for a tailgate camp. Race families are encouraged to bring grills, tables, folding chairs, and supplies for breakfast and lunch when we attend races at this mountain. Here’s a <u>trail map</u> . Here is a link from their webpage about <u>overnight accommodations</u> .
<u>Cranmore</u>	This mountain is located in North Conway.. While Cranmore is not on the North East Local Pass or any of the other passes common in New England, it is near other mountains such as <u>Attitash</u> and <u>Wildcat</u> that are part of the pass, so it may be good to make a weekend out of this race. Some families opt to do this when races are held here. Here’s a <u>trial map</u> for Cranmore. Here’s a link to Cranmore’s suggestions about <u>overnight accommodations</u> , Here’s a link to <u>Attitash’s Hotels and Lodging</u> , and <u>Wildcat’s suggestions</u> too.
<u>Proctor</u>	Proctor Academy, in Andover, is host to the Proctor Junior Ski Team. Proctor is another mountain that some of our racers may compete at this year. Here is more information about their <u>Ski Area</u> . In case you need them, here is a link to <u>overnight accommodations</u> nearby.