



**DIANA GOLDEN / MILLS CUP
LEVEL I GS RACE**

Gunstock Mountain Resort
Race Registration



Sunday March 4, 2018

name _____ BIB # _____

address _____

city, state, zip code _____

e-mail _____ phone _____

gender _____ date of birth _____ age _____

team _____ coach's name _____

emergency contact name _____ emergency contact number _____

Please Choose one (circle):

- Mills Cup:** MC
- Vision Impaired:** B1 B2 B3
- Standing:** LW 1 LW 2 LW 3 LW 4 LW 5/7
- LW 6/8-1 LW 6/8-2 LW 9-1 LW 9-2
- Sitting:** LW 10-1 LW 10-2 LW 11 LW 12-1 LW 12-2

Registration Fees:

Athlete: \$45 includes lift ticket, race, and lunch - 2 free coaches per team

Extra Coaches/Buddy (limit 1 per racer) \$30. includes lift ticket and lunch

Lunch: \$10.

Schedule:

Registration: Lakes Region Disabled Sports Building 8:00 AM to 9:00AM

Coaches Meeting: 9:00 AM at LRDS building

Course Inspection: 9:15 – 9:45 AM Ramrod race course

Race Start: 10:00 AM — 2 runs per racer — NASTAR Course on Ramrod

Trail maps available at Registration.

Lunch and awards at the LRDS building following the race

**Transportation for racers with physical disabilities available
from Adaptive building to Ramrod chairlift**

PARKING:

Accessible parking is located in front of the LRDS building. Follow the signs for LRDS

LODGING:

For a listing of lodging and restaurant options, visit the www.gunstock.com and follow the link for Lodging in the upper right corner of the page.

DIRECTIONS:

From I-93: Take exit 20 in NH, turning onto US Route 3 North / NH Route 11 East towards Laconia. Follow Routes 3/11 approximately 6 miles. Just past the Belknap Mall, bear right following Routes 3/11 (Laconia-Gilford By-Pass). Take the second exit, Route 11A in Gilford. Turn right at end of exit ramp. Follow Route 11A east approximately 6 miles to Gunstock Mountain Resort. Entrance is on the right.

From I-95 (North of Boston and NH Seacoast): Take exit 4 onto US Route 4 West / NH Route 16 North (towards NH Lakes). Continue on Route 16 (Spaulding Turnpike) to exit 15W. Follow NH Route 11 West towards Alton. Stay on Route 11 around Alton traffic circle and through Alton Bay. Approximately 6 miles north of Alton Bay, turn left onto Route 11A (Cherry Valley Road). Take Route 11A west approximately 5 miles to Gunstock entrance on left.

The address for your navigation device is: 719 Cherry Valley Road, Gilford, NH 03249