



The Cascade Crest is a benefit for the Mt. Bachelor Sports Education Foundation.

Visit [www.mbsef.org](http://www.mbsef.org) for program info, news, photos, race info and results.

Course Distance: 15km and 25km.

The 2012 MBSEF Cascade Crest will start and finish in the bowl outside the Mt. Bachelor Nordic Center. The 25 and 15km courses will go around the perimeter of Dutchman's Flat counter clockwise, come back onto the upper Nordic Center Trails, before rolling down through Emil's Clearing and Devecka's. The 25km course will then do Oly's Alley and Leslie's Lunge before climbing back up to the Bungalow where it joins back with the 15km. The course uses Woody's and Easy back to get back to Emils before climbing up to the Common Corridor and circling Dutchman's clockwise. Skiers will then pass through the upper trails and finish near the Nordic Center.

This course does not use the Todd Lake Trail, a regular part of the Crest Course. Using the Todd Lake Trail requires a natural snow bridge to form over the creek and wetland near the Todd Lake Road and at the time the course was set, there was no bridge.



# CASCADE CREST

**Save Time - Register Online At:**  
[mbsef.org](http://mbsef.org)

*Also Sponsored By:*



MBSEF  
563 SW 13th St. Ste. 201  
Bend, OR 97702  
541-388-0002  
[mbsef.org](http://mbsef.org)  
[mbsef@mbsef.org](mailto:mbsef@mbsef.org)



**2012**

# CASCADE CREST



Sunday January 22, 2012  
10:00am Nordic Lodge  
Mt. Bachelor, Oregon



FOR MORE INFORMATION CONTACT:  
[mbsef.org](http://mbsef.org) [mbsef@mbsef.org](mailto:mbsef@mbsef.org) 541-388-0002  
Register online at [mbsef.org](http://mbsef.org)



# CASCADE CREST



## A BENEFIT FOR THE MT. BACHELOR SPORTS EDUCATION FOUNDATION

### REGISTRATION FORM

Save time, register online at [mbsef.org](http://mbsef.org)

Name \_\_\_\_\_

Club/HS \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date Of Birth \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_ Gender Male/Female \_\_\_\_\_ USSA Age Group \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Distance 25km \_\_\_\_\_ 15km \_\_\_\_\_ (15km open to all ages; youth 15 and younger must race 15km)

Total Enclosed \$ \_\_\_\_\_ + Trail Pass \$ \_\_\_\_\_ = Total \$ \_\_\_\_\_

Payment Method: (Checks payable to MBSEF)

Check # \_\_\_\_\_ Cash \$ \_\_\_\_\_

Visa/MC # \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3 Digit Sec Code \_\_\_\_\_

### RACE DETAILS

- \* Freestyle Mass Start
- \* Distance 15 & 25km
- \* Age 15 & younger must race 15km

Bib pick up and late registration from 8:30 to 9:30am downstairs in the Mt. Bachelor Nordic Center

#### Early Fee (per person)

Age 20 and older	\$30.00
Age 14-19	\$20.00
Age 13 & Younger	\$15.00

#### Trail Pass Fee\* (per person)

Day of race pass \$ 8.00

\*For those not already holding a Mt. Bachelor Nordic Season pass

#### Late Fee (per person)

All ages add \$ 5.00  
(after 5:00pm January 19 and day of race)

No registrations will be taken at MBSEF after 5:00pm Thursday January 19. All late registrations will be processed day of race with a \$5.00 late fee.