



NASTAR recreational racing at Bear Valley Mountain

This program provides the opportunity for skiers, boarders and telemarkers of all ages and abilities to compete with friends, family and other racers around the country or just work on their own personal improvement. The **NASTAR** handicap system provides racers with a handicap number that represents their ability as compared to the national zero handicap held by Ted Ligety (USST). You will be able to see your stats and how you rank nationally on the **NASTAR** website. Based on performance racers can win medals and qualify to compete in the **NASTAR** National Competition each year.

Bear Valley Mtn, in cooperation with Bear Valley Snowsports Education Foundation (BVSEF), is proud to be one of just 3 resorts in California to host this program. For more information about **NASTAR** check the www.nastar.com website.

Planned race dates (subject to weather/conditions) are:

Dec – 23, 26, 27, 28, 29, 30

Jan – 6, 13, 14

Feb – 3, 10, 17, 18, 24

Mar – 3, 10, 17, 24, 31

Apr – 7

NASTAR course is open from **11:30am to 2:30pm**. You can come at any time during this period. The course is located on the ski run named NASTAR and is off the Koala chairlift.

Please check the TeamBV website for updates: <http://www.teambv.com/team/#nastar>

All days when **NASTAR** is running, the **NASTAR** coordinator will be at the kiosk in the Sunroom in the mornings. Happy to answer any questions and get you signed-up if you wish to race.

Daily race sign-ups & NASTAR season passes can be purchased at the Kiosk in the Sunroom starting at 9am, or the Main Office at the ski area. Individual race price is \$10 for 2 runs; \$15 for unlimited runs.

If you miss us there, just stop by the NASTAR course. You can sign up on site!

Season NASTAR Race Passes for all 20+ races are available for \$59 for Youth 17 & under and \$99 for Adults (18 & over). There will be no refunds on Season Passes if some races are cancelled due to conditions. Season passes can be purchased online at the Skyline Bear Valley Mtn website, at the Kiosk in the Sunroom **OR** in the Main Office at the ski area.

Any questions can be emailed directly to Ellen at: nastar@bvsef.org

FAQs

What is NASTAR? NASTAR is the acronym for the **NA**tional **ST**andard **R**ace and is the largest public grassroots ski race program in the world. Founded in 1968, NASTAR gives recreational racers an opportunity to compete and compare their scores to friends and family regardless of when and where they race using the NASTAR handicap system. Participants compete within their age and gender groups to win platinum, gold, silver and bronze medals. In addition, participants are ranked in their medal group and the top ranked racers qualify to compete in the NASTAR National Championships. Nationals this year will be at Squaw Valley, California!

World and Olympic Champion Ted Ligety is the NASTAR National Pacesetter. Every time you race NASTAR you are racing against Ted and his Par Time. The National Standard is the Par Time or Ted Ligety's "0" handicap which every racer competes against when they race NASTAR. Each NASTAR resort has Pacesetters that have earned certified handicaps that are used to set Ted's Par Time for their course. NASTAR participants earn a handicap each time they race which represents the difference between the racer's time and the Par Time expressed as a percentage your time is behind Ted's time (e.g. 15 handicap = 15 percent behind Ted's time).

The NASTAR Handicap System gives ski and snowboard racers a simplified system to gauge their ability and to monitor their progress throughout the season. NASTAR racers can compare their race results to other competitors at the same resort after one race. When three races are completed on three different days participants can compare themselves to other racer in their state of residence and nationally regardless of when and where they race.

Today, NASTAR is operated by U.S. Ski & Snowboard Association. Through this association with the U.S. Ski & Snowboard and U.S. Ski Team, NASTAR is bringing greater awareness to the sport and value to the industry while motivating participants of all ages to get involved in ski racing.

What is a NASTAR Registration Number? Each NASTAR participant is issued a unique NASTAR Registration Number comprised of the first three letters of their last name and a unique 1 - 5 digit number. If you register online, you will be issued the number immediately upon completion of the online registration process. If you register on-site, you will be issued the number when the resort uploads the day's races to *nastar.com*. The NASTAR Registration Number is unique to you and **can be used season after season** (i.e. there's **no** need to register each season). The NASTAR Registration Number saves you precious time when you go to race. Simply pay your entry fee, give the starter your NASTAR Registration Number and off you go!

Who can race? Don't worry; you do not have to be Ted Ligety or Lindsey Vonn to race. Whether you are young, old, an expert racer or just a beginner, Nature Valley NASTAR is for you! So go ahead, don't be afraid this season, join the millions of skiers and riders of all ages and abilities and experience the thrill of racing gates - just like the pros!

Visit www.nastar.com for more detailed information and to register