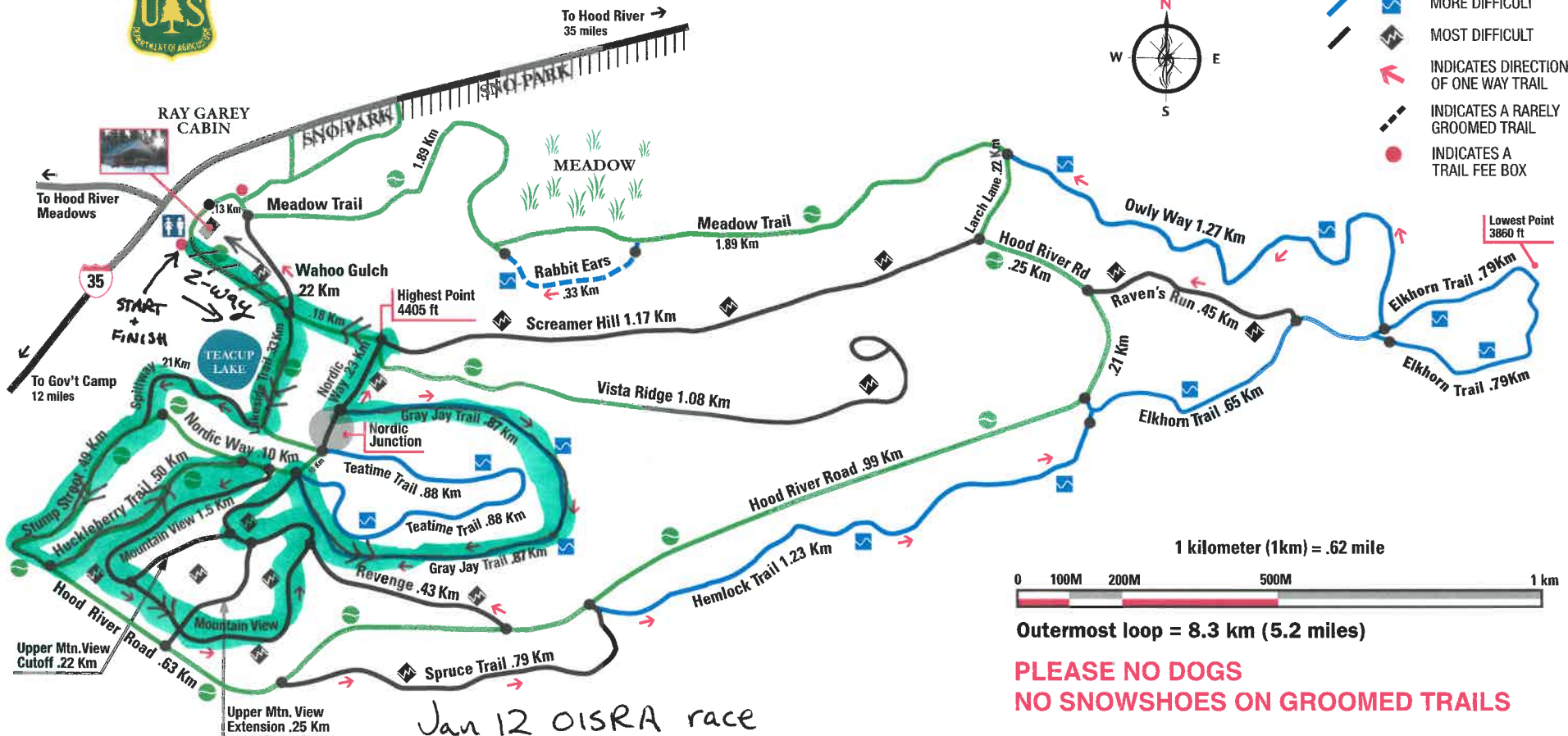




TEACUP NORDIC TRAIL SYSTEM IN THE MT. HOOD NATIONAL FOREST

LEGEND

- COLOR-SYMBOL-MEANING
- EASY
 - MORE DIFFICULT
 - MOST DIFFICULT
 - INDICATES DIRECTION OF ONE WAY TRAIL
 - INDICATES A RARELY GROOMED TRAIL
 - INDICATES A TRAIL FEE BOX



Jan 12 OISRA race
Individual course
Approx 4.6k
1 lap

**Your paid trail fees and membership fees are the only source of funding!
Please do your part and pay at least \$10.00 per skier per day!**

Membership in the Teacup Lake Nordic Club is available online at www.teacupnordic.com and costs just \$75 per year for a single annual membership. Donations to Teacup are tax deductible. I.R.S. determination letter of 501c3 status furnished on request.

**PLEASE NO DOGS
NO SNOWSHOES ON GROOMED TRAILS**