

Coach Ilg's 2007 Race Plan & Results

boldface = indicates Priority Races *blue italics* = indicates results

WINTER RACING SEASON

January 21st; Arizona Cup Nordic State Championships. Flagstaff, AZ.

Freestyle: 5th Place Overall

Classic: 2nd Place Overall

January 22; USSSA Western Regional Snowshoe Race 10k. Flagstaff, AZ.

3rd Place Overall

January 21& 22; Flagstaff Winter Triathlon. Flagstaff, AZ.

Overall Champion

January 27st; Durango Langlauf 30k Freestyle. Durango, CO.

4th place; 40+

February 17th; Mt. Taylor Winter Quadrathlon. Grants, NM.

Winner; Overall Pair Championship

plus; Fastest Ski Descent

March 10; Topaten 10k Nordic Ski Race. Telluride, CO.

Winner; Overall Classic Championship

plus; New Course Record

SUMMER RACING SEASON

(modified due to ongoing "cold triggered exercise induced asthma" attained at Topaten!)

May 26-28th; Iron Horse Bicycle Classic. Durango, CO

33rd out of 125.

June 3; Sandia Peak HC. Albuquerque, NM.

18th place; cracked with one mile to go.

August 5th; Hermosa Off Road Classic, Durango, CO

7th place; Men's Expert

AUTUMN RACING SEASON

September 22; Flagstaff 10k Running Race. Flagstaff, AZ.

3rd Place Overall; equals my 4 Overall Podium in 4 Different Sports in a calendar year!!!

October 1st Sunday; War Dog Duathlon. Flagstaff, AZ.

5th to the summit

October 13; Soulstice 10k. Flagstaff, AZ.

4th place, 40-49

November 17 Tour de Tucson. Tucson, AZ.

WINTER 07/08 RACING SEASON

TBA