



Sunday March 13th 2016 – 10am Mass Start

(Remember to adjust your clocks for the time change on Sunday morning)

Join us in this fun, recreational style, family oriented event with ski courses and categories for all. Everyone is welcome!

Location: Otway Nordic Centre, 8141 Otway Road, Prince George, BC

Host Club: Caledonia Nordic Ski Club

Webpage: [2016 Stride and Glide Sports Spirit of the Rivers Loppet](http://2016.StrideandGlideSports.com)
(www.caledonianordic.com under the events tab)

Contact: Jennifer Nessel – Race Secretary raceoffice@caledonianordic.com

Registration: [Registration is online at Zone4](#) payable by credit card only. Be sure to follow through to confirmation to verify accuracy of your registration. If you have any difficulty registering, please contact the Secretary. GST will be charged at check out.

Deadline: Registration closes at midnight on Friday March 11th. Early-bird fees apply until midnight Mar 4th, and then increase by \$5.00* Late registrations are not permitted



Photo credits: Sally Connon and Jennifer Nessel

dress up if you like, ski together ... or on your own,
and have fun!



All categories are Free Technique except those shown as Classic below.

Category	Age as of Dec 31, 2015	Year of Birth	Distance	Early Bird Fee (until Mar, 4 th)	Regular Fee (Mar 5-11)
Bunny on skis	7 & under	2008 & later	2.5 km	\$5	\$5
Skier accompanying a bunny on skis	all ages	any year		\$10	\$15
Skier pulling a pulk or chariot	all ages	any year			
Male & Female	10 & under	2005 & later	7.5 km	\$15	\$20
Male & Female	13 & under	2002 & later			
Recreational	all ages	any year			
Recreational	all ages	any year	15 km	\$20	\$25
Male & Female	17 & under	1998 & later			
Male & Female	Classic Open	any year			
Male & Female	Classic Open	any year	30 km	\$25	\$30
Male & Female	Open	any year			
Male & Female	40-59	1956 - 1975			
Male & Female	60 & over	1955 & earlier			

Bib pick up: Bibs can be picked up between 8:30 – 9:30 am Mar 13th at the race office located on the lower floor of the lodge. Entry is through the rental shop.

Waiver forms: An Event Participant waiver must be completed during online registration.

Awards: Award presentations, to participants 11 years and older, will take place in the stadium near the lodge following the posting of final results. Top three male and female finishers in each category will receive awards. Participants 10 years and younger will receive a cookie medal at the finish line.

Course maps: Course maps will be posted on the event webpage. The courses will be marked for event day and course marshals will be at major intersections. Classic Tracks will be set.

Weather: There is a [web cam and weather station](#) at Otway, sponsored by Stride & Glide Sports, that records temperature and weather information.

Cancellation/Refund Policy: The event may be cancelled if temperature is colder than -18°C at start time. Fees will not be refunded.



Concession:

Participant registration fee includes a lunch of Chili or Soup and a Bun served up by the amazing folks at Save On Foods. Spectators can purchase the same lunch with proceeds from all sales benefiting BC Children's Hospital.

Accommodation:

Visit Tourism Prince George for information on accommodation, local services and amenities.

Phone: 250-562-3700
toll free: 1-800-668-7646

website: www.tourismpg.com

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