



**Race Notice**

**TECK KOOTENAY CUP #4 in FERNIE, BC**

**Saturday, February 11<sup>th</sup>, 2017**

- RACE EVENTS:** Teck Kootenay Cup #4  
Saturday, Feb. 11<sup>th</sup>, 11:00 AM  
Interval start (by age groups)  
Free technique race, distances up to 13 km
- RACE LOCATION:** ELK VALLEY NORDIC CENTRE  
3 km SW from West Fernie bridge on Highway 3  
Located on Mount Fernie Provincial Park road  
Parking is very limited at the trails. More parking is provided on the streets of the adjacent The Cedars development. Walking trails links parking with the Nordic Centre.
- HOST CLUB:** FERNIE NORDIC SOCIETY  
<http://www.fernienordic.com/kootenaycup4>
- REGISTERED BY:** CROSS COUNTRY BC (CCBC)
- RULES:** CCC RULES AND REGULATIONS
- RACE ORGANIZING COMMITTEE:**
- |                               |                                  |
|-------------------------------|----------------------------------|
| <b>Race committee chairs:</b> |                                  |
| Chief of Competition          | Clark Weber                      |
| Chief of Course               | Dave Smith                       |
| Chief of Timing               | Matthieu Corriveau               |
| Chiefs of Stadium             | Bruce Lennox and Markus Glickman |
| Competition Secretary         | Fiona Fait                       |
| Chief of Security             | Jennifer Heath                   |
| Sponsor & Media Liaison       | Fiona Fait                       |
| Awards Coordinator            | Scott Dressler                   |
| Volunteers Coordinator        | Clark Weber                      |

# COMPETITION SCHEDULE

**COMPETITION: Saturday, February 11<sup>h</sup>, 2017**

**Free technique race, Interval start by age groups**

**Start time: 11:00 AM with youngest categories starting first**

Category	Sub Categories/ Year of Birth	Distance
Bunnies	Girls and boys, YOB 2013 & 2012	0.3 km
Atoms	Girls and boys, YOB 2009, 2010, 2011	0.7 km
Pee Wee	Girls and boys, YOB 2007 & 2008	2 km
Bantam	Girls and boys, YOB 2005 & 2006	3.4 km
Midget	Girls and boys, YOB 2003 & 2004	3.4 km
Juvenile boys and girls	Girls and boys, YOB 2001 & 2002	5 km
Junior boys and girls	Girls and boys, YOB 1999 & 2000	7.7 km
Junior men and women	Males and females, YOB 1997 & 1998	10.3 km
Open women	Females, YOB 1987 - 1996	10.3 km
Open men	Males, YOB 1987 - 1996	13 km
Masters women	Females, YOB 1986 or earlier	10.3 km
Masters men	Males, YOB 1986 or earlier	13 km
SuperRec men and women	Males and females, YOB 1986 or earlier	5 km

Results from all categories over 4yo will be sorted by gender

## **RACE**

Registration and fee payment is ONLINE by Credit Card only at [www.zone4.ca](http://www.zone4.ca) until **Wednesday Feb 8<sup>th</sup> at 11:00 PM (MST)**

## **REGISTRATION:**

If you experience any difficulties registering on-line please contact the Competition Secretary at [fvfait@yahoo.com](mailto:fvfait@yahoo.com)

Racers and coaches **must** check the confirmation list on Zone4 ([www.zone4.ca](http://www.zone4.ca)) as soon as possible after they complete their registration to ensure that they are registered in the correct categories. Please contact the competition secretary (Fiona Fait at [fvfait@yahoo.com](mailto:fvfait@yahoo.com)) before 12 noon on Friday, Feb. 10th if there are any corrections required.

Through Zone4, you will be able to pay the race fee and purchase lunch tickets.

There are no refunds of any kind once a racer registers and then subsequently withdraws from the race or does not show up for the race. If the organizers are required to cancel the race, then refunds will be issued with the exception of any online processing fees.

- ELIGIBILITY and LICENSES:** This race is designed to appeal to racers of all levels. Races licenses are not required for this event.
- RACE ENTRY DEADLINE:** The entry deadline for all races is:  
**Wednesday, Feb. 8<sup>th</sup> at 11:00 PM (MST)**  
Please note that late entries will not be accepted
- RACE FEES:** \$5 per race for Bunnies  
\$10 per race for Atoms, Pee Wees, and Bantams.  
\$20 per race for all other age categories.  
Note that Zone4 online fee will be added to this amount.  
Payment must be made online. Credit cards only.
- WAIVER FORMS:** Waivers must be accepted online at the time of registration.
- START LISTS:** Start times (by category) for each race will be posted at both the race office and online by 10:00 AM on Friday, Feb. 10<sup>th</sup>.
- BIB PICKUP:** Saturday: 9:00 AM – 10:00 AM, adjacent Warming Hut at the Elk Valley Nordic Centre. All bibs must be picked up by 10 AM
- AWARDS:** Awards will be presented on site at intervals after a few race categories have been completed.
- WARM UP/ WAX TESTING** The course will be open until 10:15 at which time all skiers need to be off the course.
- FACILITIES:** There will be outhouses located close to the parking and stadium areas. First Aid attendants will be present on site. There are no dogs allowed anywhere at the Elk Valley Nordic Centre. There will be no access to the hut (race office) during the race.
- FOOD & DRINKS:** Post-race complimentary hot drinks and chili, or lentil soup, will be offered to racers and volunteers. Family members, spectators and coaches may purchase lunch tickets online or at the site for \$5
- WAXING:** An area is available near the hut for waxing but without any facilities. The area is in the open with no cover. Note that **NO** power outlets will be available at the site. Teams are welcome to set up their own tents for waxing.
- The **CCBC Glide Waxing Protocol** will apply to all categories:  
Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Midget age categories and younger. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country.

The recommended glide waxing protocol is as follows:

- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
- Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

**SNOW AND TRAIL CONDITIONS:** Visit [www.fernienordic.com/grooming](http://www.fernienordic.com/grooming)

**COURSE MAPS:** Course maps are available at the club website [www.fernienordic.com/kootenaycup4](http://www.fernienordic.com/kootenaycup4)

**TRAIL PASSES:** Race entry fees include full use of trails for the race day only. Trail passes for all other skiers must be purchased at the trailhead kiosk or online for skiing on the trails.

**ACCOMMODATION:** Hotel accommodation is available in nearby Fernie. The race weekend is also British Columbia's Family Day weekend. Early booking is recommended.

The Park Place Lodge in Fernie is a partner for the event. Book directly by phone 1 (888) 381-7275 or online at <https://goo.gl/e5XOka> and mention the Group Code TKC17 for rates from \$142/night

The following hotel/motels are all located along highway 3 in Fernie:  
Snow Valley Motel 1-877-696-7669, East Kootenay Motel 1-888-737-2777  
Red Tree Lodge 1-800-977-2977, Motel 8 1-800-382-0484

**LOCAL ACTIVITIES:** Check out [www.tourismfernie.com](http://www.tourismfernie.com)

**SPONSORS:**

# Teck