

# Kootenay Cup



# Teck



## Race Notice

### TECK KOOTENAY CUP #5

**Saturday, February 13<sup>th</sup>, 2016**

- RACE EVENTS:** Teck Kootenay Cup #5  
Saturday, Feb. 13<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/kootenaycup5>
- 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             | Jim Miller                       |
| Sponsor & Media Liaison       | Megan Lohmann                    |
| Awards Coordinator            | Jen Grebeldinger                 |
| Volunteers Coordinator        | Micheline Picard                 |

# COMPETITION SCHEDULE

**COMPETITION: Saturday, February 13<sup>th</sup>, 2016**

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

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

<b>Category</b>	<b>Sub Categories/ Year of Birth</b>	<b>Distance</b>
Bunnies	Girls and boys, YOB 2012 & 2011	0.3 km
Atoms	Girls and boys, YOB 2008, 2009, 2010	0.7 km
Pee Wee	Girls and boys, YOB 2006 & 2007	2 km
Bantam	Girls and boys, YOB 2004 & 2005	3.4 km
Midget	Girls and boys, YOB 2002 & 2003	3.4 km
Juvenile boys and girls	Girls and boys, YOB 2000 & 2001	5 km
Junior boys and girls	Girls and boys, YOB 1998 & 1999	10.3 km
Junior men and women	Males and females, YOB 1996 & 1997	10.3 km
Open women	Females, YOB 1986 - 1995	10.3 km
Open men	Males, YOB 1986 - 1995	13 km
Masters women	Females, YOB 1985 or earlier	10.3 km
Masters men	Males, YOB 1985 or earlier	13 km
SuperRec men and women	Males and females, YOB 1985 or earlier	5 km

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

## **RACE**

### **REGISTRATION:**

Registration and fee payment is ONLINE by Credit Card only at [www.zone4.ca](http://www.zone4.ca)

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. 12th 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. Racers must be paid-up members of a Cross Country Canada or US Ski Association registered club.
- RACE ENTRY DEADLINE:** The entry deadline for all races is:  
**Wednesday, Feb. 10<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 GST and Zone4 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. 12<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.
- FOOD & DRINKS:** Post-race complimentary drinks and BBQ burgers & wieners 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 warming 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](http://www.fernienordic.com)

**COURSE MAPS:** Course maps are available at the club website [www.fernienordic.com/kootenaycup5](http://www.fernienordic.com/kootenaycup5)

**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:** Hotels are available in nearby Fernie but accommodation may be difficult to find at the last minute. The race weekend is also Alberta's Family Day weekend. Early booking is recommended.

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

## Fernie *Auto* Parts



**A Signs & Graphics** in Fernie, BC