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# Kelowna Apple Loppet at Telemark

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Posted: Sunday, January 11, 2015 1:00 am

JP Squire | 0 comments

Telemark Nordic Club is welcoming all skiers and visitors to the 29th annual Kelowna Apple Loppet with a mass start (by category) at 10 a.m today.

"This is a recreational event and all family members are welcome," said general manager Ron Earle.

"Our racing, development and ski league skiers will be taking part. You can see the course maps under the Events section of our website (telemarknordic.com).

"This is not a large event, so you can still get out and ski that day. Snowshoeing is still taking place. The course's inner trails will be completely open by 11 a.m. and all the trails by 12:30 p.m."

The Kelowna Apple Loppet, which is part of the 2015 Kal-West Interior Loppet Series, will have a 30K relay pursuit and individual pursuit on the same course as 2014 with aid stations at the 7.5K mark.

There will be post-race refreshments, draw prizes for skiers 16 years of age and older and all race volunteers, and finisher ribbons for all racers 15 years of age and younger, said Earle.

"The pursuit format remains the same as participants can ski our 30-kilometre loppet as a two-person relay or as an individual.

"The classic leg is two laps of the 7.5-kilometre Telemark Trail and the free leg is one lap of the 15-kilometre Fern Creek Trail."

In the relay pursuit, the first person skis 15 kilometres using classic technique, tagging off to a second person who skis 15 kilometres of free (skate) technique.

"In the individual pursuit, the participant skis 15 kilometres of classic, transitioning in the stadium by changing equipment, then skiing 15 kilometres of free technique.

"Any cookies, squares, loaves and other baking that members can donate to the event will be very much appreciated," said Earle.

Telemark is also endeavouring to start a women's ski group run by women, he added. "This is for those who are looking for someone to ski with on our trails. It is more fun and much safer to ski with a partner. If you are looking for someone to ski with, there will be a sign-up sheet posted in the chalet."

\*\*\*

In the South Okanagan, Nickel Plate Nordic Centre will hold its annual Welcome to Nickel Plate Day today.

**Kelowna, BC**  
 1°C Wind: N 5 km/h  
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Lessons and rentals are included in the trail pass fees of \$10 for adults and \$5 for children. Lunch is available with \$5 burgers, \$3 hot-dogs, coffee and hot chocolate included, and desserts provided by members. "We expect it to be busy so arrive early," advised club spokeswoman Kathryn Golbeck.

If you can help on the day or want to bring your favourite dessert, email Kim Dodman at [kdodman@icloud.com](mailto:kdodman@icloud.com).

"We also require a burger flipper on the day. If you are able to help, please contact Kim," said Golbeck.

Nickel Plate also needs volunteers for its two race events this season.

"We are looking for two specific positions to be filled as soon as possible: a race director for the annual Nickel Plate Loppet on Feb. 7 and a chief of timing for the Okanagan Teck Cup races on Jan. 31 and Feb. 1," said Golbeck.

The loppet will have race distances of 3K for children, 7.5K for youth, and 15K or 30K for adults.

"As an all-ages event, these races will offer both fun and competition in a world-class cross-country ski location," she said.

Go to: [nickelplatenordic.org](http://nickelplatenordic.org) for the race notice, links to registration at [Zone4.ca](http://Zone4.ca), course maps and directions to Nickel Plate. Early bird registration rates are available until Jan. 21. Registration closes Feb. 6.

The Okanagan Teck Cup events at Nickel Plate are the sixth and seventh race of the Okanagan Cup series. Saturday's race with a mass start at 11 a.m. is free (skate) technique with distances of 1K for the youngest age group starting at age five, and increasing based on age category up to 15K for adults. Sunday's race is a classic ski sprint event.

This season's Teck Okanagan Cup races provide the club with an opportunity to learn how to host higher-end races, said Golbeck.

"This experience is in preparation for the 2016 BC Winter Games to be held in Penticton with the Nickel Plate Nordic Club hosting the cross-country ski events."

The Teck OK Cup is the regional version of the BC Cup, the cross-country ski competitive series in British Columbia. Other regions in the series include

Northern, Kootenay and Coastal with clubs from each region attending the races in their area. The goal of the BC Cup regional series is to allow competitive racing for all ages without the need for extensive travel while allowing new skiers to compete at a high-level event.

More than 200 skiers from Salmon Arm, Kamloops, Vernon, Kelowna and Revelstoke are expected to attend Nickel Plate's loppet. Go to [nickelplatenordic.org](http://nickelplatenordic.org) for the race notice, links to registration at [Zone4.ca](http://Zone4.ca), course maps and directions to Nickel Plate.

J.P. Squire, aka the Ski Sheriff, is an avid outdoors enthusiast. His column appears every weekend.

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Posted in Life on Sunday, January 11, 2015 1:00 am. | Tags: Squire, Outdoors, Skiing

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