



**Saturday, March 7th, 2020**  
**@ Adam Lake, Turtle Mountain Provincial Park**

**XC Ski Loppet**

10:00 am - Bib Pick Up

11:00 am - Ski Races Start

**Fat Bike Race**

1:00 pm - Plate Pick Up

2:00 pm - Fat Bike Races Start

5:30 pm - Supper, drinks, awards & prizes

@ the Sawmill (296 South Railway Street, Boissevain)

Come join us for a fun afternoon of cross-country skiing & fat biking!  
Distance options for all abilities and ages.  
All are welcome, whether you're a first timer or have many years of experience.

**Register by March 4th on [www.ccsam.ca](http://www.ccsam.ca)**



**CCSAM**  
Cross Country Ski Association of Manitoba



**MANITOBA  
CYCLING  
ASSOCIATION**

*Velodonnas*  
CYCLING

Turtle Mountain Nordic Ski Club, in partnership with Cross Country Ski Association of Manitoba, Manitoba Cycling Association and Velodonnas Cycling Club is very excited to invite you to the **1<sup>st</sup> annual Feisty Rooster Loppet & Fat Bike Race!**

This past November before the trails had opened for the season, on a night when temperatures were set to plummet to -20C, a lone rooster was found abandoned in one of the Lake Adam warm up huts. Adam the Rooster was rescued and is now thriving in a flock of 20 hens. We have affectionately named this race in honour of his resilience.

## WHAT IS A LOPPET?

Nordiq Canada defines Loppet as a great gathering of skiers who ski on a specifically groomed trail either classic (diagonal stride) or free (skating technique) of various distances. Enormous amounts of food and drink are consumed during (and after) the event. Usually, there's an after party and celebratory banquet with awards and prizes

**FORMAT – FREE TECHNIQUE.** A classic track will be set but skate skiing is recommended given the trail conditions and forecast at publication time.

## CONTACT INFORMATION

General inquiries: Pauline Nadlersmith, Competition Chair  
[laughingmagpie@xplornet.com](mailto:laughingmagpie@xplornet.com) 204-305-9008 or 204-534-6976

Registration: Karin McSherry, CCSAM Executive Director  
[info@ccsam.ca](mailto:info@ccsam.ca) 204-791-3195

Event Website: <https://www.ccsam.ca/event/turtle-mountain-loppet-mb-cup/>

## REGISTRATION

**DEADLINE: WEDNESDAY MARCH 4<sup>th</sup> at NOON**

We need to provide numbers for our caterer, so we need you to register online by noon on March 4<sup>th</sup>.

We will allow race day registrations for recreational kids doing the short distance.

**Online Registration** ➔ <https://zone4.ca/reg.asp?id=23572>

## LOCATION

Turtle Mountain Provincial Park is located 1 hour south of Brandon, 2 hours 45 minutes from Wpg and 15km south of Boissevain, MB on Hwy #10.

There are heated washrooms in the winter recreation area (Adam Lake) parking lot and we will be using the 4 warm up huts located by the toboggan hill and skating rinks.

Our plan is to start and finish the races in the beach area, there is a parking lot at the bottom of the hill adjacent to the beach.

## **ACCOMMODATIONS**

Canadian Wilderness Inn – 306 Mountain Ave. Boissevain 204-534-7155  
[www.canadianwildernessinn.com](http://www.canadianwildernessinn.com)

Room To Grow Straw Bale Guest House – [www.roomtogrowinfo.ca/guesthouses](http://www.roomtogrowinfo.ca/guesthouses)

The Prairie Dog Lodge – [www.abnb.me/28GYfiodu3](http://www.abnb.me/28GYfiodu3)

La Casa Tortuga – [www.abnb.me/BAfM6xzdu3](http://www.abnb.me/BAfM6xzdu3)

Killarney Farm Home – [www.abnb.me/JGihY6Rdu3](http://www.abnb.me/JGihY6Rdu3)

Camp Koinonia – <http://www.campkoino.ca/>

## **RACE DISTANCES & FEES**

### **Ski Loppet:**

Non-CCSAM Club members add \$5 for each race

1.0 km – 11:00 AM start – \$10

10.8 km – 11:30 AM start – \$35

19.3 km – 11:35 AM – \$40

5.0 km – 11:40 AM – \$20

### **Fat Bike Loppet:**

Non-MCA/UCI Race License holders add \$20 for Day Licence

23.6 km – 2:00 PM – \$35

15.4 km – 2:05 PM – \$35

10.8 km – 2:10 PM – \$35

## **SCHEDULE – SATURDAY MARCH 7, 2020**

10:00 AM: Bib pick up (Ski Loppet) @ Beach Start/Finish area

11:00 AM: Ski Loppet starts per distance (see above)

1:00 PM: Bike race plate pick up (Fat Bike Loppet)

2:00 PM: Fat Bike Loppet starts per distance (see above) @ Beach Start/Finish area

5:30 PM: Après race – food, drink, awards, prizes @ Sawmill [296 South Railway St., Boissevain](http://www.296southrailwayst.ca)

## **DINNER & AWARDS**

Following the races, the Sawmill Restaurant (Boissevain) will be serving dinner followed by awards.

Pasta buffet \$20 (kids 10 and under free). Beer and wine will be available for purchase.

## **REFUND POLICY**

Race fees are not refundable in the event of postponement.

Race fees will be refunded, minus an administration fee, if the race is cancelled outright.

A refund of registration fees will only be provided for medical reasons prior to the registration deadline of 12:00 PM March 4, 2020.

## **SKI WAXING PROTOCOL**

We suggest you arrive with your skis glide waxed.

This protocol applies to ALL local, regional and provincial events taking place in Manitoba (e.g. club races including Wed Night Series, Manitoba Cup races, Manitoba Provincial Championships and the MB Winter Games).

This protocol is applicable to ALL age/race categories.

This protocol also applies to ALL athletes traveling to Manitoba from out-of-province or out-of-country.

Low-Fluoro glide waxing protocol:

- 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
- Structure tools ARE permitted

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

## **BIKE EQUIPMENT**

This is a fun and casual event with no restrictions on tire size. These trails have been groomed by Turtle Mountain Park staff since Remembrance Day so we expect a firm surface. However, we cannot control the weather and course conditions may vary widely. We recommend tires at least 3.5" wide and a pressure appropriate to your tire size and body weight. Please use your discretion – if you are creating ruts, please reduce your tire pressure. Thank you!

No E-bikes allowed.

## **SPECIAL THANKS**

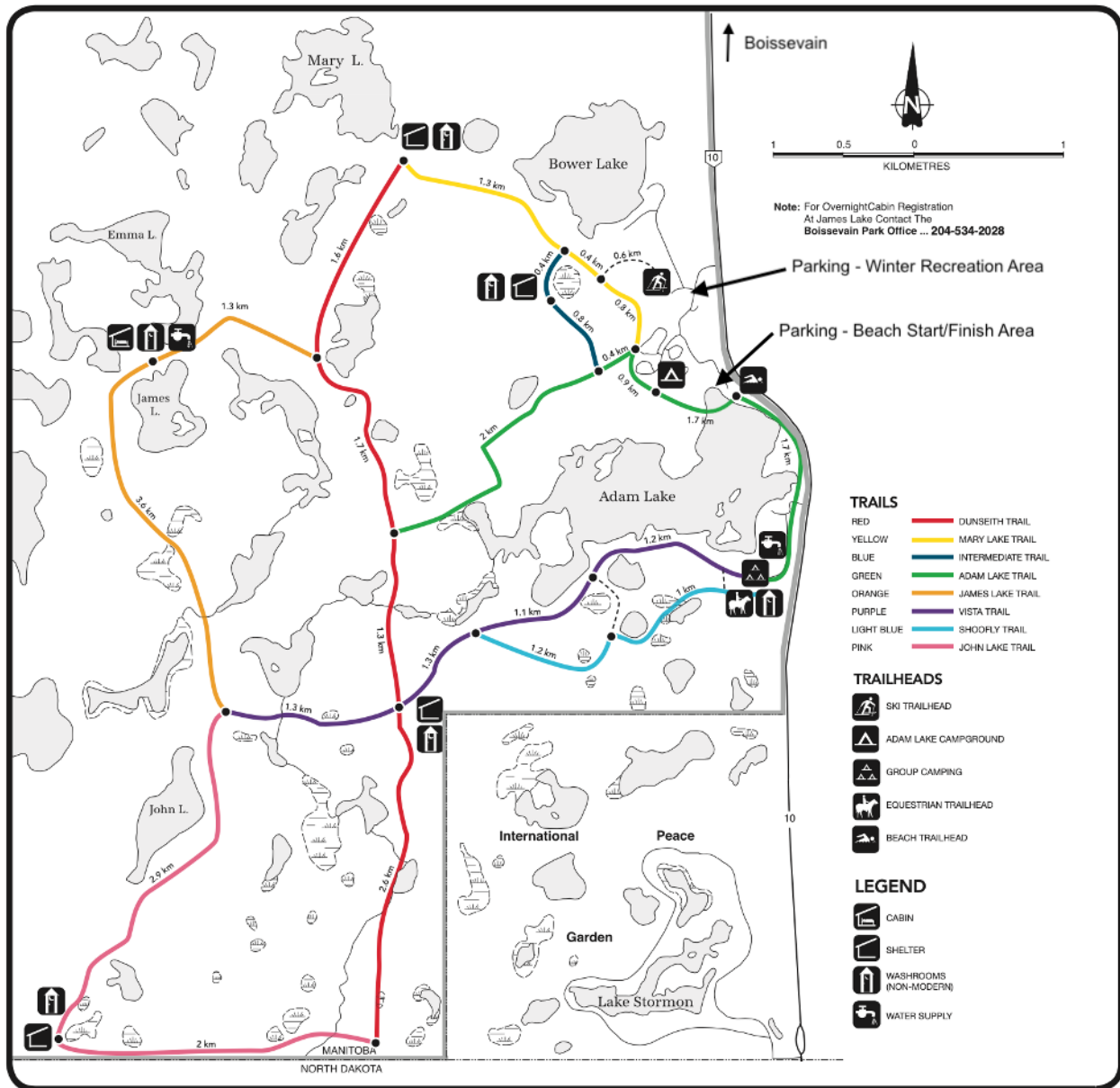
Alter Ego Sports, Winnipeg  
Casey Guenther Designs

Boissevain Recorder  
Country Cycle, Winkler

Dead Horse Cider Co., Winkler  
 Laughing Magpie Woodworks, Boissevain  
 RiverSong Wilderness Outfitters  
 Sunrise Credit Union, Boissevain  
 Turtle Mountain Provincial Park Staff

Gourmet Inspirations  
 Parkside Construction, Boissevain  
 Stream & Wood, Brandon  
 Turtle Mountain Physiotherapy, Boissevain  
 Wilderness Supply, Winnipeg

## MAPS



Check race event website for updates if applicable: <https://www.ccsam.ca/event/turtle-mountain-loppet-mb-cup/>

We look forward to seeing you. Thank you for supporting this event!

Pauline Nadlersmith & Casey Guenther - Turtle Mountain Nordic Ski Club