



## **RACE NOTICE: MB Cup Race #2**

**Hosted by Kenora Nordic and Biathlon Club**

**Saturday Feb 1, 2020**

**REGISTRATION:** <https://zone4.ca/register.asp?id=23118>

Deadline Midnight Thursday January 30<sup>th</sup>, 2020

### **GENERAL INFORMATION**

**Location:** Kenora Nordic & Biathlon Club, Mt Evergreen Ski Area, Kenora ON

The Kenora Nordic trail system is located in Kenora ON, approximately 219 km east of Winnipeg (2 hrs, 26 min). We have over 20 km of beautiful ski trails that offer both classic and skate skiers the change to experience the magnificent Canadian Boreal Forrest. All trails are groomed for classic skiing and almost 7 km of trails also accommodate skate skiing. The Kenora Nordic Trails are suited for all skill levels from beginner to expert.

Visit us on FaceBook for event updates and trail reports.

**Registration:** We will only accept on-site registrations from Citizens & U8 skiers (who we also encourage to pre-register online). Registration opens Monday January 20, 2020.

**Coaches Meeting:** 10 am Feb 1, 2020, Mt Evergreen Chalet

**Bib Pickup:** 9:30am Feb 1, Mt Evergreen Chalet, Loft

**Competition Technique:** Interval Start, Classic Technique

**Race Organizing Committee:** Chief of Competition: Ursula Larsson  
Chief of Course/Stadium: Todd Burkart  
Chief of Timing: Rob Karle  
Chief of Electronic Timing/ Results: J Hummelbrunner  
Chief of Venue: Blair Mc Callum

**Host Club, KNBC:** [kenoranordic12@gmail.com](mailto:kenoranordic12@gmail.com)

**Mt. Evergreen Chalet** 1 (807) 548-5100

**Course Maps:** Available and posted at race site. Course closes at 8 pm Friday night for final prep.

**Competitive Age Categories:** <https://www.ccsam.ca/competitive-skiing/event-information/race-categories/>

Category	Year of Birth	Cost	Distance
U 8 G/B	2012 – 2013	Free	1.1 K
U10 G/B	2010 - 2011	Free	1.1 K
U12 G/B	2008 – 2009	\$15	2.1 K
U14 G/B	2006 - 2007	\$25	5K
U16 G/B	2004 - 2005	\$25	5K
U18 G/B	2002 - 2003	\$25	10K
U20 W/M	2000 - 2001	\$25	10K
Senior	1990 - 1999	\$25	10K
Master 1	1985 – 1989	\$25	10K
Master 2	1980 – 1984	\$25	10K
Master 3	1975 – 1979	\$25	10K
Master 4	1970 – 1974	\$25	10K
Master 5	1965 – 1969	\$25	10K
Master 6	1960 – 1964	\$25	10K
Master 7	1955 – 1959	\$25	10K
Master 8	1950 – 1954	\$25	10K
Master 9	1949 -	\$25	10K
Citizen	13+ first race	\$15	5K

**RACE FORMAT:** Classic technique – random draw, interval start. This means racers will start individually at a pre-set time (start list will be posted Friday Jan 31, 2020).

**MB CUP POINTS:** All CCSAM Club members earn points for their club based on placing in each race and on the distance travelled to participate. More information on the Manitoba Cup Race Series here: <https://www.ccsam.ca/calendar-results-2019-2020/>

**MEALS: Chalet Concession**

Mt Evergreen Concession will be open 10 – 4 pm and offers a wide variety of scrumptious and healthy options. Expect to see wraps, homemade soups, and usual Ski hill fair such as chicken strips, hamburgers, and hot dogs. Specialty teas, hot chocolate and fresh coffee to warm your body nose to your toes!

**CONTINGENCY PLAN:** A decision to postpone this event to the following day – Sunday February 2, 2020, due to adverse weather or trail conditions will be made on Thursday January 30, 2020 in consultation with the organizing committee & CCSAM.

**CCSAM Event Cancellation Guidelines** found here:  
<https://www.ccsam.ca/competitive-skiing/event-information/event-cancellation-policy-2/>

**WEATHER:** For current conditions visit:  
<https://www.theweathernetwork.com/ca/weather/ontario/kenora>

**A Weather Board will be posted and maintained by KNBC outside of the wax shed.**

**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 January 30, 2020.

**WAXING:**

Mt Evergreen Ski Area: Friday-Saturday

- 1. KNBC Wax Hut (2 built in wax forms)**
- 2. Mt Evergreen Garage:** Must bring own wax forms and extension cords.

Please come self-sufficient for waxing – BYO wax form/table, extension cord etc.

There will be a test track and warm up track.

**WAXING PROTOCOL:** CCSAM respectfully requests ALL athletes, coaches, wax technicians and parents to abide by a self-governed protocol while waxing skis for all CCSAM-sanctioned events.

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 JUNIOR WOMAN/MAN & YOUNGER race categories in the 2019-2020 competition season and will apply to ALL age/race categories beginning with the 2018-2019 competition season and thereafter.

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. Wax protocol: <https://www.ccsam.ca/wp-content/uploads/2018/06/Waxing-Protocol-2018-UPDATED.pdf>

**AWARDS:** Awards will take place outside in the stadium at the times specified in the schedule. This will be a fantastic photo op, so please encourage athletes to keep their club uniforms on and skis handy for a sharp pose! Should weather not be conducive to outdoor presentation, awards will be presented at the conclusion of racing inside the Chalet.

All participants are eligible for draw prizes, provided by our local sponsors.

**INTERVAL CLASSIC:**

As per the FIS rule 343.8.1 poles must be no more than 83% of the racer's height in ski boots. This measurement is from the pole strap insertion to the tip of the pole. Poles may be measured **prior to the race start**. Racers are reminded to give additional time for this to occur.