



## RACE NOTICE: MB Cup Race

Hosted by Kenora Nordic and Biathlon Club

Saturday Feb 18, 2023

REGISTRATION: [zone4 link](#)

Deadline Midnight Wednesday Feb 15th, 2023

## 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 chance 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. **New in 2023**; 3 km of lighting! Plan to ski under our new lights – it is magical!

Visit us on FaceBook or [www.skikenora.ca](http://www.skikenora.ca) 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 Thursday February 2, 2023.

**Coaches Meeting:** 12 noon, Mt Evergreen Chalet

**Bib Pickup:** 10 am, Mt Evergreen Chalet, Loft

**Start Time:** U8- U12 11:00 am

12:00 – 1:00 – Break (Awards / Coaches Meeting)

U14+ 1:00 pm

**Competition Technique:** Interval Start, Free Technique

**Race Organizing Committee:** Chief of Competition: Ursula Larsson  
Race Secretary: J Hummelbrunner / Tracy Munn  
Chief of Course/Stadium: Todd Burkart  
Chief of Timing: Rob Karle  
Chief of Electronic Timing/ Results: J Hummelbrunner  
Chief of Venue: Tamara Howard

**Host Club, KNBC:** [jackjackrabbit@shaw.ca](mailto:jackjackrabbit@shaw.ca)

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

**Course Maps:** Available at [www.skikenora.ca](http://www.skikenora.ca) and posted at race site. Course closes at 8 pm Friday night for final prep.

**Competitive Age Categories:** [Click Here](#)

Category	Cost	Distance
U 8 M/F	Free	250 m
U10 M/F	Free	1.7 km
U12 M/F	\$20	2.5 km
U14 M/F	\$30	5K
U16 M/F	\$30	5K
U18 M/F	\$30	10K
U20 M/F	\$30	10K
U23 M/F	\$30	10K
Senior M/F	\$30	10K
Master M/F	\$30	10k
Citizen	\$20	5K

**RACE FORMAT:** Free technique – random draw, interval start. This means racers will start individually at a pre-set time (start list will be posted Friday Feb 17th, 2023).

**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.

**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 burgers, chicken strips and Beaver Tails!

**CONTINGENCY PLAN:** A decision to cancel this event, due to adverse weather or trail conditions, will be made on Thursday February 16th in consultation with the organizing committee & CCSAM.

**CCSAM Event Cancellation Guidelines** found [here](#).

**WEATHER:** For current conditions click [here](#).

**REFUND POLICY:** 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 February 15<sup>th</sup>, 2023

**WAXING:** Mt Evergreen Ski Area: Friday-Saturday  
**1. KNBC Wax Hut (2 built in wax forms)**

**2. Mt Evergreen Tent:** 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:** See NO Flour CCSAM Wax Policy [here](#).

**AWARDS:** Weather permitting, awards will take place outside in the stadium at 12 noon for group 1 (U8-U12) and immediately following the final race (U14+). 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.