



**33<sup>rd</sup> KANANASKIS SKI MARATHON**  
**FEBRUARY 27, 2010**  
**RACE INFORMATION PACKAGE**

Dear Competitors:

On behalf of the FOOTHILLS NORDIC SKI CLUB, we wish to extend our warmest invitation to you for the 33rd Annual Kananaskis Ski Marathon on Saturday, February 27, 2010 in Peter Lougheed Provincial Park, Alberta. Enclosed please find our race information package for this event.

We would like to welcome all recreational skiers and competitive racers to this historic Great Cookie Race – the “flagship” event for Foothills Nordic Ski Club, now in its 33<sup>rd</sup> year. We will again be using the new 1km Jackrabbit course introduced in 2008. The KSM has implemented a number of format and course changes so please read this race notice carefully. Pre-registration for youth and adult racers is mandatory this year, and we do have an overall limit on the maximum number of skiers that can be accommodated for this event.

Features this year include;

1. 1 km Jackrabbit course. **There will be a pedestrian crosswalk on Kananaskis Lakes Trail (main road). Please obey all traffic signs and directions from traffic controllers.**
2. Same-day race registration will NOT be available except for 1km and 3km Jackrabbits (until 09:15 AM).
3. **As has been the case for the past two years, while there will be a “Touring” category for 24 and 42km courses, awards will only be given for the “Racing” category.**
4. **The 15km “Racer” category is for youth, born 1993-1995. Adults may choose to ski the 15km course as “Tourer” – but there are no awards for this category.**
5. Times will be recorded and posted for all skiers.
6. All skiers receive a medal for completing the race.
7. There is an overall limit on participation, so registration is on a first-come, first-served basis. So far, we have never had to cut off registrations, but there is always that possibility.

Note that all dogs must be on a leash. We recommend that you do NOT bring dogs to the race. Please visit <http://www.foothillsnordic.ca> for complete information and on-line registration. We look forward to you joining us in Peter Lougheed Provincial Park at the Pocaterra Hut.

Sincerely,



Mike Verdiel, Sean Huggins-Chan  
Co-Chiefs of Competition



# KANANASKIS SKI MARATHON FEBRUARY 27, 2010 RACE INFORMATION

**Host Club:** Foothills Nordic Ski Club (FNCS)

**Sanctioned by:** Cross Country Alberta

**Events:** Race: Saturday, February 27, 2010 10:00AM Classic technique – Mass starts

The Kananaskis Ski Marathon is a "loppet", a cross-country ski race open to the public, emphasizing participation, personal challenge, camaraderie, sportsmanship, and fun. The competition takes place in Peter Lougheed Provincial Park, one of North America's finest cross-country ski trail systems, about a ninety-minute drive west of Calgary in Kananaskis Country. All competitors -- over 500 of them -- are treated to beverages and hot soup, and home-made cookies -- that's why our loppet is called "the Great Cookie Race"!

**Location:** **Peter Lougheed Provincial Park, start/finish at Pocaterra Parking Lot.** To get there, drive south 56 km on Hwy #40 from the junction with Hwy #1. □

**Parking:** Parking space is very limited, and car-pooling is encouraged. Please obey traffic wardens and all traffic control signs. Vehicles that are parked in illegal areas are subject to ticket and towing.  
**Pocaterra Parking Lot will be reserved for vehicles with 2 or more persons.**

**Caution:** **All ski trails are open to the public while the race is in progress. Please be courteous and cautious!**

**Race Eligibility:** Alberta loppet races are open to everyone 5 years of age and older. Race fees include a \$2 payment to Cross Country Alberta (CCA) to cover insurance and other regulatory requirements.

Children born 1996 or later (Youth and Jackrabbits) ski 1 km, 3 km, or 5 km courses. Youth (born 1993 to 1995) ski 15 km. Adults "racers" choose from courses of 24 km, and the marathon 42 km that loops from Pocaterra Hut to Elk Pass and back. For fit skiers who have never done competitive skiing above the loppet level, there are open classes called "touring" in 15 km, 24km and 42km distances. Times for this class will be posted, but awards will not be given.

#### **Organizing Committee:**

- |                                  |                             |
|----------------------------------|-----------------------------|
| • <b>Co-Chief of Competition</b> | <b>Mike Verdiel</b>         |
| • <b>Co-Chief of Competition</b> | <b>Sean Huggins-Chan</b>    |
| • <b>Race Secretary</b>          | <b>Adam Hedinger</b>        |
| • <b>Jackrabbit Chief</b>        | <b>Reid Cummings</b>        |
| • <b>Chief of Stadium</b>        | <b>Kevin Baggott</b>        |
| • <b>Chief of Course</b>         | <b>Stan Prenioslo</b>       |
| • <b>Chief of Controllers</b>    | <b>Marion Owen</b>          |
| • <b>Chief of Timing</b>         | <b>Linden Mills-Connery</b> |
| • <b>Chief of Refreshments</b>   | <b>Karen Anderson</b>       |

#### **Jury:**

- **Norm Neil – Technical Delegate**
- **Mike Verdiel – Chief of Competition**
- **Duty Conservation Officer – Kananaskis Country**
- **Stan Prenioslo – Chief of Course**

**Awards:** A special souvenir will be given to all completing the race at the finish line. Jackrabbits also get a candy prize. Awards for Jackrabbits will be presented at 13:00 near Pocaterra Hut. Awards for all other race categories will be given starting at 14:00. Draw prizes will also be posted at this time, but you must be present to win.



# KANANASKIS SKI MARATHON FEBRUARY 27, 2010 RACE INFORMATION

## Schedule:

- Bib pickup for registered racers is at Pocaterra parking lot on race morning from 08:00 to 09:30.
- Race start is @ 10:00 AM in front of Pocaterra Hut. Participants will depart within categories at 5 minute intervals.
- 3km & 5km events will also start at Pocaterra Hut @ approx. 10:30 AM. A time will be posted at Pocaterra Hut for the 1km Jackrabbit event.
- 1km race starts at 11:30 AM

If you wish to discontinue racing, **you MUST hand over your bib to a race official at Boulton or the finish line before leaving the area.** A shuttle service from Boulton back to Pocaterra will be provided.

**NOTE: Family registrations must be submitted through the hard copy, mail-in form, and are not available through the on-line system.**

**Registration:** On-line, or by hard copy registration form. Online Registration for the 2010 race is available at <http://www.zone4.ca>. Registration forms are available at major ski retailers, and may be dropped off by February 24th at Lifesport (1110 Gladstone Rd. NW, Calgary, AB). **Registration is on first-come, first-served basis as overall participation in the Cookie Race is limited under our permit with Kananaskis Country.**

**Waivers:** The on-line registration requires acceptance of a liability waiver. HOWEVER, racers under the age of 18 years should also download, and either a) fax the completed waiver to 403-283-4144; or b) bring a completed waiver to the race with them - signed by the appropriate parent or guardian.  
<http://www.foothillsnordic.ca/dbfiles/17.pdf>

**DEADLINES: Your registration must be in by Feb 24, 2010 at 21:30.**  In-person registration is possible only on the evening of February 24 at 1238 - 5th Ave NW in Calgary, from 18:30 to 21:30.

**Entry Fees:** (includes a \$2.00/person fee to Cross Country Alberta)

- |                       |          |
|-----------------------|----------|
| • 1 km, 3 km and 5 km | \$ 15.00 |
| • 15 km               | \$ 30.00 |
| • 24 km and 42 km     | \$ 45.00 |
| • Families            | \$ 90.00 |

(Register via hard copy only – form downloadable from [http://www.foothillsnordic.ca/ksm\\_registration.jsp](http://www.foothillsnordic.ca/ksm_registration.jsp))

**Race Day Registration:**  Race day registration is available **ONLY TO 1km and 3km skiers** at Pocaterra Hut from 08:00 to 09:15.  Payment is by cash, cheque (to Foothills Nordic Ski Club).

**Cancellation Policy:**  In the event of very cold weather on race day, the Race Jury may decide to modify the start time or race course. Half of the fees will be returned if the race is not run due to weather conditions. If the race takes place, no refunds will be given.



# KANANASKIS SKI MARATHON FEBRUARY 27, 2010 RACE INFORMATION

## Race Categories:

Birth Year	Awards for top three female and male in each category						Timing only – no awards		
	Jackrabbit		Youth Racer		Adult Racer		Tourer		
	1km	3km	5 km	15km	24km	42km	15km	24km	42km
2004-2005	1km5-6	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
2002-2003	1km7-8	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
1999-2001	n/a	3km9-11	n/a	n/a	n/a	n/a	n/a	n/a	n/a
1996-1998	n/a	n/a	5km12-14	n/a	n/a	n/a	n/a	n/a	n/a
1993-1995	n/a	n/a	n/a	15km15-17	n/a	n/a	n/a	n/a	n/a
1980-1992	n/a	n/a	n/a	n/a	24km18-30	42km18-30	15T	24T	42T
1970-1979	n/a	n/a	n/a	n/a	24km31-40	42km31-40	15T	24T	42T
1960-1969	n/a	n/a	n/a	n/a	24km41-50	42km41-50	15T	24T	42T
1950-1959	n/a	n/a	n/a	n/a	24km51-60	42km51-60	15T	24T	42T
1940-1949	n/a	n/a	n/a	n/a	24km61-70	42km61-70	15T	24T	42T
1900-1939	n/a	n/a	n/a	n/a	24km71+	42km71+	15T	24T	42T

**Seeding:** Formal race seeding is not used, although faster skiers (racers) are informally seeded in the mass starts in the front lanes.

### Course Information:

**Jackrabbit Races:**  The 3km and 5km races start at 10:30 and finish at Pocaterra Hut like the adult races, and participants require snowplowing skills. The 1 km race starts (at 11:30 AM) and finishes on the north side of Kananaskis Lakes Trail (across the highway from the parking lot). **PLEASE USE THE DESIGNATED CROSSWALK AND OBEY INSTRUCTIONS FROM TRAFFIC CONTROL OFFICIALS.**

### 15km, 24km and 42km Races:

**Note:** if trail conditions are unsafe, changes to the routes or the start area may be required.

- **START:** At Pocaterra Hut in waves commencing at 10:00 am SHARP. 42 km and 24km Racers start at 10:00; 42km and 24km Tourers will start at 10:10; 15km skiers will start at 10:25.
- 15km: Start at Pocaterra Hut and following Pocaterra, Lynx, Woolley, Meadow, (Elkwood: 9 km water station), Amos, Lynx, Pocaterra to finish line at Pocaterra Hut.  [http://www.foothillsnordic.ca/images/15km\\_race\\_course.jpg](http://www.foothillsnordic.ca/images/15km_race_course.jpg)
- 24km: Start at Pocaterra Ski Hut. Follow 15km course to Elkwood feeding station, then Wheeler, Lakeside (13 km feeding station above Boulton Parking), Packers and Pocaterra to the finish line at Pocaterra Hut.  [http://www.foothillsnordic.ca/images/24km\\_race\\_course.jpg](http://www.foothillsnordic.ca/images/24km_race_course.jpg)
- 42km: Start at Pocaterra Hut. Follow the 24 km course to Boulton Parking lot feeding station. Then ski Whiskey Jack, Tyrwhitt, (Elk Pass feeding station at 23 km), Elk Pass, Fox Creek, Moraine (Boulton feeding station at 32 km), Packers, and Pocaterra to the finish line at Pocaterra Hut.  [http://www.foothillsnordic.ca/images/42km\\_race\\_course.jpg](http://www.foothillsnordic.ca/images/42km_race_course.jpg)
- There is an elevation gain of about 300 meters from Pocaterra to Elk Pass, the high point of the 42 km course, located on the Continental Divide.
- The longest climb on the 42 km course is 280 meters on Whiskey Jack trail (km 13-17.3).
- The highest point on the 24 km course is about 190 meters higher than Pocaterra, and the longest climb is 130 meters on Packers trail (km 13-16.1).



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- **Feeding Stations**□

- 9 Km: water, Gatorade□
- 13 km: water, Gatorade, oranges, cookies□
- 23 km (of 42 km race): water, Gatorade, oranges, cookies□
- 32 km (of 42 km race): water, Gatorade, oranges, cookies□
- Finish: water, Gatorade, oranges, cookies, soup, hot chocolate□□

**Cut-Off Times**

- The CUT-OFF TIME for skiers leaving Boulton (13km) feeding station on the outbound leg of both the 24 km and 42 km races will be 12:00.
- The CUT-OFF TIME for skiers leaving Boulton feeding station on the finish leg of the 42 km race will be 14:30
- Any skiers arriving at Boulton after the cut-off times will be asked to discontinue racing and to turn in their bib. A shuttle van will be provided at Boulton for those who discontinue skiing, to transport them back to Pocaterra. Cut-off times may be modified for safety reasons; every effort will be made to notify skiers of any change to cut-off times.

**Race Information:**

KSM Information line: (403) 283-0512  
E mail: [ksm@foothillsnordic.ca](mailto:ksm@foothillsnordic.ca)

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