



OCEANVIEW
Oral Surgery

www.oceanvieworalsurgery.com
Dr. AA Conradi

**Oceanview Oral Surgery
& STRATHCONA NORDIC SKI CLUB**

Present

42nd Annual Vancouver Island Loppet

Saturday, March 23rd, 2024

MT. WASHINGTON NORDIC CENTRE



RACE NOTICE - MASS START, FREE TECHNIQUE

Host Club: Strathcona Nordic Ski Club. <https://strathconanordics.com>
<https://www.strathconanordics.com/vancouver-island-loppet>

Location: Mt. Washington Nordic Centre, Courtenay, B.C.

Date / **Saturday, March 23, 2023**, Mass Start (wave starts)

- Start Times:**
- 9:00 am: Oceanview Oral Surgery 30km Classic Event *
 - 9:30 am: Julius Becker Forest 30km
 - 9:40 am: Fit Chiropractic & Sport Therapy 15km
 - 9:40 am: Para Nordic standing 15km
 - 9:50 am: Blue Toque 5km – Youth and Adult
 - 9:55 am: Para Nordic sitting 5km
 - 10:00 am: 1km Cookie Loppet



Competition Committee: Chief of Competition: Berend Henckel
Competition Secretary: Nicole Muchowski racess@strathconanordics.com
Chief of Course: Marilyn Atkinson
Chief of Volunteers: Chris Bowlby

Eligibility: This event is open to everyone, from beginning children and their parents, to racing team skiers and masters. **NEW:** ALL participants require a Tier 3 Event licence regardless of whether or not they have a FIS Licence, Nordiq Canada Race Licence, Development Licence, or Associate Race Licence. This license is only valid for the day of competition. More information on the new Tier 3 race requirements can be found here: [New Tier 3 License](#)

Events / Technique: This is a **free technique event, meaning you can skate or classic ski**. Please indicate if you plan to classic ski when you register. This will allow us to post results based on technique; you can compare your finish time to other classic racers. However, no separate awards for those racing classic.

Registration Deadlines & Fees: Registration and fee payment are completed online at [Zone 4](#).

| Loppet Course | Early Bird: 31-Dec-23 | Regular Fee: 29-Feb-24 | Late Entry: 19-Mar-24 |
|-------------------------|-----------------------|------------------------|-----------------------|
| 30km | \$40 | \$50 | \$60 |
| 15km Para Nodic 15km | \$35 | \$45 | \$55 |
| 5km Para Nodic 5km | \$30 | \$35 | \$40 |
| Cookie Loppet | Free | Free | Free |

NEW: The Tier 3 license fee of \$3 will be charged to all participants. In addition to the Zone4 administration fee, the **Tier 3 race license fee(s) will be automatically added to all race registrations on Zone 4**. The license holder must sign the Informed Consent and Assumption of Risk Agreement as do all registrants in events

Bib Pickup: **Day before race day:** FRIDAY, 22-Mar-2024 at Ski Tak Hut: 267-6th St., Courtenay from 3:00-5:30pm (Those who take advantage of this option will be entered for a special draw prize).

Race Day: Raven Lodge between 8:00 am to 9:00 am on Saturday, 23-Mar-2024. If you're late, we'll bring unclaimed bibs to the Start in the Stadium and do our best to get you to your race.

Cancellations: In the occurrence of cancellation by race organizers, a refund of registration fees will be provided post event, less administration fees, event expenses already incurred, and Zone4 fees. There are no refunds for racers who register, then withdraw or do not show.

Awards: The awards ceremony will take place at 12:30pm in the stadium near the finish line. Cookie Loppet participants will receive their cookies at the finish line.

Draw prizes. List of winners will be posted and prizes will be available at Raven Lodge.

Swag: Those who register prior to February 29th will be guaranteed a commemorative toque. Participants in the Cookie Loppet do not receive a toque.



Facilities: The Mt Washington Nordic Centre has over 50 km of groomed Nordic ski trails that cover a variety of terrain and land ownership including Strathcona Park. The facility is owned and operated by the Mt Washington Alpine Resort. The Raven Nordic Lodge features day lodge facilities, food services, rentals, retail sales, lockers, and also services a growing snowshoeing base and toboggan area.

****Race fees do not include a trail ticket.** All skiers must have a valid day ticket or season pass. Discounted trail passes are available for athletes and coaches and must be pre-ordered at the time of registration on Zone 4. Discounted tickets are not available from the venue on race day.

Course: Course maps will be posted on the club website <https://strathconanordics.com> and on the club bulletin board on the lower floor of the Raven Lodge. **In the event that snow conditions or weather dictate a change in the course or distance, updates will be posted on the club website.**

Accommodation: Mt Washington Resort has links to various on-site accommodation listings: <https://www.mountwashington.ca/accommodation.html>
Accommodation in the Comox Valley (approximately 40-minute drive): <https://experiencecomoxvalley.ca/discover/stay/>

Volunteers: Many are needed. Please contact info@strathconanordics.com



EVENT SCHEDULE

| Date: Saturday, March 23, 2024 - Free Technique, Mass Start | | | | | | |
|---|-------------------|-----------------|--|------------------------------|-------------------------------|------------------------------|
| Start Time: 9:00 am Classic, 9:30am Free Technique | | | | Registration & Fees*** | | |
| Race Course | Category | Age**/Year Born | Distance / Start Time | Early Bird ends 31-Dec-23 | Regular Fee ends 29-Feb-24 | Final Date ends 19-Mar-24 |
| Cookie Loppet | All ages | -- | 1.0km Start: 10:00am | Free | Free | Free |
| Blue Toque Youth 5km Loppet | Boys/ Girls 6-8y | 2015-2017 | 5.0km Start: 9:50am | \$30 | \$35 | \$40 |
| | Boys/Girls 9-12y | 2011-2014 | | | | |
| | Boys/Girls 13-18y | 2005-2010 | | | | |
| Blue Toque Adult 5km Loppet | 19+ | 2004 or before | 5.0km Start: 9:50am | | | |
| Fit Chiropractic & Sport Therapy 15km | 18 and Under | 2005 or later | 15.0km Start: 9:40am | \$35 | \$45 | \$55 |
| | 19+ | 2004 or before | | | | |
| Oceanview Oral Surgery 30km Loppet * | 18 and Under | 2005 or later | 30.0km Classic Technique Start: 9:00am* | \$40 | \$50 | \$60 |
| | 19+ | 2004 or before | | | | |
| Julius Becker Forest 30km Loppet | 18 and Under | 2005 or later | 30.0km Free-style 9:30am | \$40 | \$50 | \$60 |
| | 19+ | 2004 or before | | | | |
| Para Nordic: Adaptive Standing | All ages | -- | 15.0km Start: 9:40am | \$35 | \$45 | \$55 |
| Para Nordic: Adaptive Sitting | All ages | -- | 5.0km Start: 9:55am | \$30 | \$35 | \$40 |

*Racers who choose to continue on the race course **after 12:00 (noon) cut-off** (first time passing Jackrabbit Link), may complete the course, but no further on-course support will be provided.

**Age as of December 31, 2023

***All skiers must have a valid trail pass. Race fees do not include a trail pass.



Award Categories

| Race Course | First | Second | Third |
|------------------------|---|---|---|
| 30km Free-Style | Male Under 18 Female Under 18 Male 19+ Female 19+ | Male Under 18 Female Under 18 Male 19+ Female 19+ | Male Under 18 Female Under 18 Male 19+ Female 19+ |
| 15km | Male Under 18 Female Under 18 Male 19+ Female 19+ | Male Under 18 Female Under 18 Male 19+ Female 19+ | Male Under 18 Female Under 18 Male 19+ Female 19+ |
| 5km | Age 6-8 boys Age 6-8 girls Age 9-12 boys Age 9-12 girls Age 13-18 boys Age 13-18 girls Male 19+ Female +19 | 6-8 boys 6-8 girls 9-12 boys 9-12 girls 13-18 boys 13-18 girls Male 19+ Female +19 | 6-8 boys 6-8 girls 9-12 boys 9-12 girls 13-18 boys 13-18 girls Male 19+ Female +19 |

MANY THANKS TO OUR PARTNERS:

Province of BC, Cross Country BC, Ski Tak Hut, & Mount Washington



OUR SPONSORS:

TITLE SPONSOR: OCEANVIEW ORAL SURGERY

OCEANVIEW
Oral Surgery

www.oceanvieworalsurgery.com
Dr. AA Conradi

GOLD SPONSOR: JULIUS BECKER FOREST



JULIUS BECKER
FOREST LIMITED

SILVER SPONSORS:

BLUE TOQUE SPORTS, CHIROPRACTIC & SPORT THERAPY, STRATHCONA PARK LODGE



BRONZE SPONSORS:

ACTIVE LIVING PHYSIOTHERAPY, COMOX VALLEY RV, CHAN NOWOSAD BOATES



CHAN NOWOSAD BOATES
CHARTERED PROFESSIONAL ACCOUNTANTS

