



OCEANVIEW
Oral Surgery

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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, 2024, 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 aces@strathconanordics.com
Chief of Course: Marilyn Atkinson
Chief of Volunteers: Chris Bowlby



Eligibility: This event is open to everyone, all ages and all abilities! From young children with their parents, to skiers of all ages keen to challenge themselves, to racing team and masters. No race license is required.

Events / Technique: This is a **free technique event, which means you can skate or classic ski**. For those that plan to classic ski, indicate this when you register. We list the technique used by skiers in the results so that you can compare your finish time to others also doing classic. However, there are no separate awards for those doing classic only.

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

Loppet Course	Early Bird: till Dec 31	Regular: Jan 1- Feb 29	Late: Mar 1- 19
30km	\$40	\$50	\$60
15km Para Nodic 15km	\$35	\$45	\$55
5km Para Nodic 5km	\$30	\$35	\$40
Cookie Loppet	Free	Free	Free

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



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