



# Strathcona Nordics Ski Club Coastal Cup #4

**SATURDAY, FEBRUARY 6, 2010**

**FREE TECHNIQUE, INDIVIDUAL START, MEDIUM DISTANCE**

**MOUNT WASHINGTON NORDIC CENTRE**



Photos by Brent Reid



SKI TAX HUT

**Strathcona Nordics Ski Club Coastal Cup #4**  
*Free Technique, Individual Start, Medium Distance*



# STRATHCONA NORDICS

CROSS COUNTRY SKI CLUB

[www.strathconanordics.com](http://www.strathconanordics.com)

**DATE:** SATURDAY, February 6, 2010, 12:00 start

**RACE LOCATION:** Mount Washington Nordic Centre (Raven Lodge), Courtenay, B.C.

**HOST CLUB:**

STRATHCONA NORDICS SKI CLUB

**RULES:**

CCC RULES AND REGULATIONS

**INFORMATION:**

CHIEF OF RACE:	Sara Vandermale	(250) 203-3539
CHIEF OF COURSE:	Bob Hauser	
CHIEF OF TIMING:	Doug Herchmer	(250) 248-2233
CHIEF OF STADIUM:	Brian Vandermale	(250) 203-3539
RACE SECRETARY:	Barb Kelly	(250) 339-1904

**RACE ENTRIES:**

Online . Access [www.zone4.ca](http://www.zone4.ca) and locate this event in the online registration section and enter your information. Credit card payment is provided.

**ENTRY DEADLINE**

Entry deadline for this race is THURSDAY, February 4, 2010, 6:00 PM

**WAIVER:**

All racers who register for this event through [zone4.ca](http://zone4.ca) an Event Participant Waiver Form is included and must be completed online.

**ELIGIBILITY:**

Open to all skiers, however, participants must be a Strathcona Nordics Club member *or* member of a recognized CCBC or CCC club for insurance purposes. Non-members can pay \$5.00/day club membership fee at the time of registration.

**START LISTS:**

Start list for Saturday's race will be posted online on Friday night, February 5.  
([www.strathconanordics.com](http://www.strathconanordics.com))

**BIB PICKUP:**

Bib pick-up for this event will be at Raven Lodge, Mount Washington Nordic Center between 10:00 - 11:15 am on race day, Saturday, February 6.

**AWARDS:**

Each participant in the Atoms and Peewee age categories will receive special "medals" provided by Strathcona Nordics. The top three finishers in all other categories will also receive medals. Medal presentations will be at the Awards Ceremony in the Raven Lodge, post race.

### **CONCESSION:**

The Mount Washington Raven Lodge has a wide range of food and beverages for sale Sunday to Wednesday from 8:00am-5:00pm, and on Thursday to Saturday 8:00am-8:00pm.

### **FACILITIES:**

Raven Lodge is a world class Nordic facility with all amenities.

### **WAXING:**

Raven Lodge has three outdoor waxing benches with electrical outlets.

### **WARM UP/WAX TESTING:**

Warm up and glide testing areas are located close to the race course.

### **TRAIL PASSES:**

Trail passes for non-season pass holders are available at a reduced rate for race participants in Raven Lodge. Trail passes must be worn on the trails at all times including during the race.

### **ACCOMMODATION:**

#### **At the Race Site (Mount Washington)**

- Deer Lodge 1-888-969-3322 [www.deerlodgebc.com](http://www.deerlodgebc.com)
- Alpine Accommodations 1-888-837-4663 [www.alpinechalets.com](http://www.alpinechalets.com)
- Mt. Washington Accommodations 1-800-699-6499

Accommodation is also available in Courtenay/Comox. (Courtenay/Comox is approximately a 40-45 minute drive to the race site.)

- The Coast Westerly Hotel 1-800-668-7797
- The Port Augusta Inn & Suites 1-800-663-2141
- Shantz Haus Hostel 1-866-603-2060 [www.shantzhospital.com](http://www.shantzhospital.com)

Comox Valley Chamber of Commerce 1-888-357-4471

## **RACE SCHEDULE**

**NAME OF EVENT:** Coastal Cup #4  
**DATE:** Saturday, February 6, 2010  
**LOCATION:** Mount Washington Nordic Centre, Courtenay, B.C.  
**TIME:** 12:00

*Based on the new Competition Model, Juvenile Boys are those boys born in 1993, 1994 and 1995 whereas Juvenile Girls are those girls born in 1994, 1995 and 1996.*



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## INDIVIDUAL START – FREE TECHNIQUE, MEDIUM DISTANCE

CATEGORY	Age	Year of Birth	Distance (km)		Fee
			Male	Female	
ATOM BOYS	8 & under	2001 & later	1.0	1.0	\$5
ATOM GIRLS	7 & under	2002 & later	1.0	1.0	\$5
PEE WEE BOYS	9, 10 & 11	1998 - 2000	1.5	1.5	\$10
PEE WEE GIRLS	8, 9 & 10	1999- 2001	1.5	1.5	\$10
MIDGET BOYS	12 & 13	1996 - 1997	2.5	2.5	\$10
MIDGET GIRLS	11 & 12	1997- 1998	2.5	2.5	\$10
JUVENILE BOYS	14, 15 & 16	1993 - 1995	5.0	5.0	\$13
JUVENILE GIRLS	13, 14 & 15	1994 - 1996	5.0	5.0	\$13
JUNIOR MALE	17, 18 & 19	1990 – 1992	7.5	7.5	\$15
JUNIOR FEMALE	16 to 19	1990 – 1993	7.5	7.5	\$15
OPEN MEN	20 - 40	1969 – 1989	7.5	7.5	\$15
OPEN WOMEN	20 - 40	1969 – 1989	7.5	7.5	\$15
MASTERS MEN	41 & over	1968 & earlier	7.5	7.5	\$15
MASTERS WOMEN	41 & over	1968 & earlier	7.5	7.5	\$15
PARA NORDIC SIT SKI			1.5	1.5	\$15

- Race categories may be combined due to registration numbers
- Distances may vary slightly due to snow conditions.

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