



Strathcona Nordic Ski Club <http://strathconanordics.com>

28th Annual Vancouver Island Loppet

Saturday, March 27, 2010
Free Technique
10AM Mass Start

Description: *Scenic course over rolling terrain within and adjacent to Strathcona Provincial Park. 10:00 AM Start at Mount Washington, Nordic Stadium. 30 km Full Loppet. 5 km Sit Ski. 5 km Rabbit. 15 km Recreational. 2 km Kids Loppet. Mass start. Free technique.*

Registration:

DEADLINE — Thursday, March 25, 2010 at 6:00 p.m.

NO LATE REGISTRATION

Online registration, waiver, and payment at: www.zone4.ca

Host:

Strathcona Nordic Ski Club, Box 3085, Courtenay BC, V9N 5N3
info@strathconanordics.com, <http://strathconanordics.com/find-us>

Information:

Chief of Race — Sara Vandermale
Chief of Course — Peter Ravensbergen
Chief of Timing — Doug Herchmer
Chief of Stadium — Brian Vandermale
Race Secretary — Barb Kelly
info@strathconanordics.com

Nordic Trail Passes are compulsory for non-season pass holders and are available at Mount Washington Resort, in the Nordic Centre, Raven Lodge.

Race Packet Pick up:

1. Friday March 26, 2008: 3 - 5 PM at the Raven Lodge, Nordic Ski Area, Mount Washington Resort
2. Race Day Saturday March 27 between 8:30 – 9:30 AM in the Raven Lodge, Nordic Ski Area, Mount Washington Resort

Start List and Course map will be posted on Friday, March 26 in the Raven Lodge and on the club website.

Categories:

For categories A to J, please note that in case of low numbers of participants, some age groups may be combined.



*Parents can accompany their child in the "I" and "J" categories. Please indicate this when picking up the race package and sign a waiver. Parents need only complete a registration form for the participating child and will not be timed in the event. Accompanying parent must have valid trail pass.

Race Categories

Category	Age (on December 31, 2010)	Distance	Entry Fee
A	18 – 29	30 km	\$40
B	30 – 39	30 km	\$40
C	40 – 49	30 km	\$40
D	50 – 59	30 km	\$40
E	60 - 69	30 km	\$40
F	70 and over	30 km	\$40
G	14 – 17	15 km	\$25
H	18 and over	15 km	\$30
I	6 – 13	5 km	\$15
J	6 and under	2 km	\$10
Sit Ski	Open	5 km	\$20

*Sit skiers note: the course involves some steep hills. For safety reasons, sit skiers should have a skier with them who can help them up or down the steeper hills if necessary.

Concession:

Mount Washington Nordic's Raven Lodge has a wide range of food and beverages for sale Thursday to Saturday from 9:00am-8:00pm and Sunday to Wednesday 9:00am-5:00pm.

Facilities:

Mount Washington Nordic's Raven Lodge is a world-class facility with all amenities.
<http://www.mountwashington.ca/en/nordic-centre.html>

Waxing:

Raven Lodge has three outdoor waxing benches with electrical outlets.

Warm up:

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

Accommodation:

Mount Washington Resort has a variety of accommodation. These give you the advantage of staying minutes from the race area. You may wish to bring some food up the mountain with you.
<http://www.mountwashington.ca/en/travel-a-accommodation.html>

Courtenay and Comox also have a variety of accommodation. Courtenay and Comox are approximately a 40–45 minute drive to the Mount Washington Nordic Area.

- The **Holiday Inn** <http://www.ichotelsgroup.com/h/d/ex/1/en/hotel/yqqca?stopredirect=true>
- The **Best Western, Coast Westerly**
<http://book.bestwestern.com/bestwestern/productInfo.do?propertyCode=62116>
- The **Cona Hostel** <http://www.theconahostel.com/index.html>
- **Comox Valley Chamber of Commerce** 1-888-357-4471