



*Strathcona Nordic Ski Club and Mount Washington Resort
present*

32nd Annual Vancouver Island Loppet

SATURDAY, March 29TH 2014
Mount Washington Nordic Centre, Raven Lodge



Photos by Brent Reid

DATE: **Saturday March 29th 2014**

RACE LOCATION: **Mount Washington Nordic Centre (Raven Lodge)
Courtenay BC**

START TIME: **10:00 am**

HOST CLUB:
STRATHCONA NORDIC SKI CLUB

RULES:
CCC RULES AND REGULATIONS

TECHNIQUE: FREE

INFORMATION:

CHIEF OF RACE:	Len Apedaile
CHIEF OF COURSE:	Wilf Dreher
CHIEF OF TIMING:	Val Wootton
CHIEF OF STADIUM:	Chris Stapff
RACE SECRETARY:	Alison Stocks



RACE ENTRIES:

All entries must be done online on zone4.ca

ENTRY DEADLINE

Entry deadline for this race is Thursday March 27th 2014 at midnight. **NO LATE ENTRIES WILL BE ACCEPTED.**

START LISTS:

Start list will be posted online on Friday, March 28th 2014 on zone4.ca

BIB PICKUP:

Raven Lodge 8:00 am – 9:30 am on the day of the race, Saturday, March 29th 2014. *Skiers not picking up their bib by 9:30 will not be entered in the results.*

AWARDS and DRAW PRIZES:

Cookie Loppeteers will receive Awards at the finish line. All other category awards and draw prizes will be given immediately post-race (usually around 2p.m.) either in the Raven Lodge or in the Stadium depending on the weather.

WAXING:

Raven Lodge has two outdoor waxing benches on the lower level and three indoor waxing benches in a small wax cabin near the lodge. Electrical outlets are available in both locations.

CONCESSION:

The Mount Washington Raven Lodge has a wide range of food and beverages for your convenience.

TRAIL PASSES:

Trail passes for non-season pass holders are available online at a reduced rate for race participants at the time of registration. Trail passes bought on line will be available at bib pick up on the morning of the race. Trail passes must be worn on the trails at all times including during the race.

FEED STATIONS:

There will be feed stations on the course for the Half and Full Loppet and one in the stadium.

CATEGORIES:

Ages are of December 31st **2013**. Youth may enter in older categories.



TEAMS:

Teams will put in one registration under the team captains name, we will need the other 2 team members to sign a waiver on the day of the race at registration. The fee is \$30 per team.

Event	Distance	Category (age as of Dec 31, 2013)	Year of Birth	Fee
Full Loppet	30 km	M/F Open 18-29	1995-1984	\$30
	30 km	M/F Masters 30-39	1983-1974	\$30
	30 km	M/F Masters 40-49	1973-1964	\$30
	30 km	M/F Masters 50-59	1963-1954	\$30
	30 km	M/F Masters 60-69	1953-1944	\$30
	30 km	M/F Masters 70+	1943 and earlier	\$30
Team Loppet	3 x 10 km	Team	any	\$30/team
Half Loppet	15 km	M/F 14-17	1999-1996	\$20
	15 km	M/F Open 18-29	1995-1984	\$20
	15 km	M/F Masters 30-39	1983-1974	\$20
	15 km	M/F Masters 40-49	1973-1964	\$20
	15 km	M/F Masters 50-59	1963-1954	\$20
	15 km	M/F Masters 60-69	1953-1944	\$20
	15 km	M/F Masters 70+	1943 and earlier	\$20
Youth Loppet	5 km	M/F 9 and under	2004 and later	\$5
	5 km	M/F 10-11	2003-2002	\$5
	5 km	M/F 12-13	2001-2000	\$5
Cookie Loppet	2 km	6 and under	2007 and later	\$5
Paranordic standing	15km	All ages	All ages	\$20
Paranordic sitting	5km	All ages	All ages	\$20

ACCOMMODATION: At the Race Site (Mount Washington Resort)

- Deer Lodge 1-888-969-3322 www.deerlodgebc.com
- Alpine Accommodations 1-888-837-4663 www.alpinechalets.com
- Mount Washington Accommodations 1-800-699-6499

In the Comox Valley (Approx. a 40-minute drive to race)

- The Coast Westerly Hotel 1-800-668-7797
- Holiday Inn Express 1-778-225-0010
- The Cona Hostel, toll free: 1(877) 490-CONA (2662)
- Shantz Haus Hostel 520 5th Street, Courtenay info@shantzhospital.com
250-703-2060, 866- 603-2060 (toll free)