



TEMISKAMING NORDIC SKI CLUB Sprint Relays & LOPPET

A weekend of Fun for the Whole Family -
March 25th and 26th, 2023

SCHEDULE of EVENTS

Community Sprint Relays – Saturday *afternoon, March 25th*

The first event starts at 1:45 p.m., with all events concluding by 3:00 p.m. on Saturday.

This will be a fun, family-friendly event, loosely based on the Team Sprint format.

The course will be a 200-metre loop in front of Temiskaming Nordic's chalet, including "bumps and jumps". See page 2 of this notice for more information.

Loppet – Sunday, March 26th at Temiskaming Nordic Ski Club, 11 a.m. and 11:20 a.m. starts

Events range from 1 km to 20 km, with both classical and freestyle technique options. See page 3 of this notice for more details and registration information.

Facilities and Food

Indoor change rooms will be available for changing before or after your ski. Indoor washrooms also available.

On Saturday, lunch will not be available (aside from drinking water from the taps and small snacks for purchase such as granola bars). Goodie bags will be provided for all youth participants in the sprint relays.

On Sunday, a lunch (chili and bun, including vegetarian and gluten-free options) will be available to purchase after the Loppet, starting at noon. Lunch: \$8 for adults and \$6 for ages 12&under.

Weather-permitting, award presentations will take place outside the chalet at approximately 1:30 p.m. Alternatively, awards will be inside in two separate presentations, with awards for the shorter distances first at approximately 12:30 p.m.

CONTACT INFORMATION

Chief of Competition: Anthony Story, anthonystory@yahoo.ca
Race Secretary: Jean-Francois Blain, jeanfbain@gmail.com

Temiskaming Nordic Ski Club

Free Technique Sprint Relays – Saturday afternoon, March 25th

The first event starts at 1:45 p.m., with all events concluding by 3:00 p.m.

A FREE and fun, family-friendly event, loosely based on the Team Sprint format.

Sprint event is free for members of Temiskaming Nordic Ski Club. Non-members of Temiskaming Nordic are required to pay standard trail fees for the day.

Teams will be made up of two skiers, who will be encouraged to “name their category” (e.g., brother-sister, friends, coach-skier, strangers, etc.). Fun prizes (goodie bags) will be awarded to all participants. **Special prizes for the best costumes.** The event is free technique, but at least one classical track will be set on all straight sections of the course.

Courses will be fun loops with small hills and tight turns.

Age categories, courses, and relay formats are based on the age of the youngest skier on the 2-person team, as follows:

Age of youngest skier (on race day)	Category	Course	Relay Format
6-9 (flexible)	Jackrabbit	200 metres	Each skier skis one loop (2 x 200 m)
10-12 (flexible)	Track Attack	200 metres	Each skier skis two loops in a Team Sprint format (4 x 200 m)
13+	Teens and Adults	200 metres	Each skier skis two loops in a Team Sprint format (4 x 200 m)

All relays will be run as timed races, with up to four teams per race.

Register at the chalet between 12:45 and 1:30 p.m. on March 25th.

TNSC Sprint Relays ENTRY FORM Saturday, *March 25th*, 2022

Team Name: _____ & “Name your Category”: _____
(friends, father-daughter, brothers, etc.)

NAME: _____ BIRTHDATE: _____ M/F _____
of first skier (“Participant 1” on release clause below)

NAME: _____ BIRTHDATE: _____ M/F _____
of second skier (“Participant 2” on release clause below)

**** All racers must sign an Informed Consent and Assumption of Risk Agreement on the day of the events.**

Participant 1 signature

Parent/guardian if participant <18

Participant 2 signature

Parent/guardian if participant <18

CONTACT: Chief of Competition: Anthony Story, anthonystory@yahoo.ca



TEMISKAMING NORDIC SKI CLUB LOPPET
 At TNSC on Portage Bay Road (just north of the Cobalt turnoff -- intersection of Highway
 11 & 11B)

SUNDAY, March 26th, 2023

MASS STARTS 11:00 and 11:20 AM

**RACERS & NON-RACERS COME AND
 JOIN IN THE FUN!**

Five events:

- 1-km Start at 11:00 a.m.
- 2-km Start at 11:20 a.m.
- 5-km Start at 11:20 a.m.
- 10-km Start at 11:20 a.m.
- 20-km Start at 11:20 a.m.

All participants can choose either classic or skate techniques.

ENTRY FEE:

ADULTS (19 AND OVER): \$20.00
 AGE 18 AND UNDER: \$10.00

New this year – Loppet registration will be available on Zone4 starting on Saturday, March 18.
 Registration on Zone4 is strongly encouraged, prior to 10:00 p.m. on Saturday March 25.

<https://zone4.ca/reg.asp?id=31620>

On Sunday March 26, Loppet registrations will also be accepted at the chalet (before 10:00 a.m.)

TNSC LOPPET ENTRY FORM

Sunday, March 26th, 2023

Circle one event: 1 km Classic 2 km Classic 5 km Classic 10 km Classic 20 km Classic
 1 km Skate 2 km Skate 5 km Skate 10 km Skate 20 km Skate

NAME: _____ BIRTHDATE: _____ AGE: _____ M/F _____

HOME ADDRESS: _____

**** All racers must sign an Informed Consent and Assumption of Risk Agreement on the day of the events, unless registration is completed through Zone4.**

 Participant signature

 Parent or guardian if participant under 18

For questions about the race such as categories or courses, contact Chief of Competition: Anthony Story,
anthonystory@yahoo.ca

For questions about registration, contact Race Secretary Jean-Francois Blain at jeanfbain@gmail.com