



Sprint Relays & LOPPET

A weekend of Fun for the Whole Family -
March 29th and 30th, 2025

SCHEDULE of EVENTS

Community Sprint Relays – Saturday afternoon, March 29th

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 30th at Temiskaming Nordic Ski Club, 11 a.m. start

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 Sunday, a lunch (chili and bun, including vegetarian and gluten-free options) will be available to purchase after the loppet, starting at noon.

Weather-permitting, chalet 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

Competition Lead: Anthony Story, races.temiskamingnordic@gmail.com

Race Secretary: Jean-Francois Blain, jeanblain@gmail.com

Temiskaming Nordic Ski Club

Free Technique Sprint Relays – Saturday afternoon, March 29th

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 all skiers aged 17& under. Parents of participating skiers who want to join them on a team are required to pay ski equipment rental fees if required.

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 (goody bags) will be awarded to all participants. **Special prizes for the best costumes.** The event is free technique, but we plan to set at least one classical track 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+ (flexible)	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. Sometimes results are prepared, sometimes not...

Register at the chalet between 12:45 and 1:30 p.m. on March 29th.

TNSC Sprint Relays ENTRY FORM Saturday, *March 29th*, 2025

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, anthonymstory@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 30th, 2025

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 11:00 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.
Back by popular demand in 2025, skiathlon events (half classic; half skate) will also be available for the 10-km and 20-km events.

ENTRY FEE:

ADULTS (19 AND OVER):	\$20.00	
AGES 12 to 18:	\$15.00	
AGES 11&under:	\$10.00	(additional fees are added by Zone4)

Registration on Zone4 will close at 10:00 p.m. on March 29th. Ideally, registration should be completed on Zone4 by 10 p.m. on March 27th – this will help our volunteers with planning the event.

<https://zone4.ca/register.asp?id=38506>

On March 30th, loppet registrations will also be accepted at the chalet (before 10:00 a.m.)

TNSC LOPPET ENTRY FORM

Sunday, March 30th, 2025

Circle one event: 2 km Classic 4 km Classic 8 km Classic 8 km Skiathlon (4 km c / 4 km skate)
0.5 km skate 0.5 km classic 2 km Skate 4 km Skate 8 km Skate 16 km Skate 16 km skiathlon

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 Competition Lead: Anthony Story, anthonystory@yahoo.ca

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