

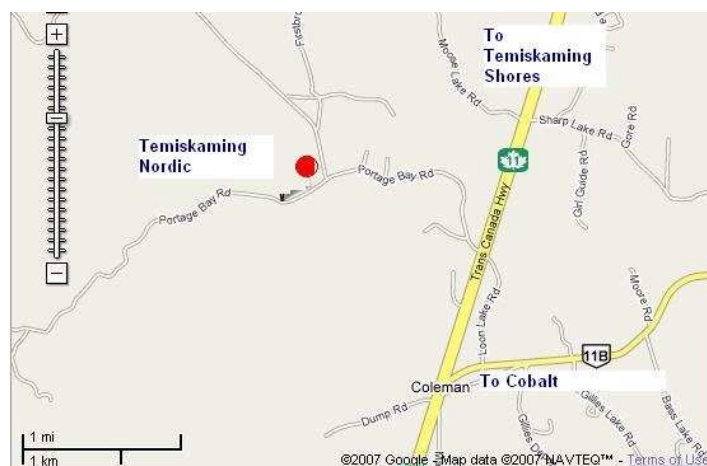


TEMISKAMING NORDIC SKI CLUB Sprint Relays & LOPPET

A weekend of Fun for the Whole Family -
March 16th and 17th, 2019

The Temiskaming Nordic Ski Club is located just off Highway 11 in Coleman Township

- 1.75 hours north of North Bay
- 2.5 hours northeast of Sudbury
- 2.5 hours south of Timmins
- 3.0 hours southwest of Amos, PQ



SCHEDULE of EVENTS

Family Sprint Relays – Saturday *afternoon, March 16th*

The first event starts at 2:00 p.m., with all events concluding by 3:30 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 17th at Temiskaming Nordic Ski Club, 11 a.m. start*

Events range from 2 km to 18 km, with both classical and freestyle technique options. See page 3 of this notice for more details and registration information.

CONTACT INFORMATION

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

Temiskaming Nordic Ski Club

Free Technique Sprint Relays – Saturday afternoon, March 16th

The first event starts at 2:00 p.m., with all events concluding by 3:30 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, mother-son, etc.). Fun prizes will be awarded to all participants. 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
6-8 (flexible)	Jackrabbit	200 metres	Each skier skis one loop (2 x 200 m)
9-12 (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 1:00 and 1:30 p.m. on March 16th.

TNSC Sprint Relays ENTRY FORM Saturday, *March 16th*, 2019

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 17th, 2019
MASS START 11:00AM

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

Events, Categories (Y = Top 3 male & female recognized at award ceremony)						
(Age on race day)	9 & Under	10-13	14-18	19-39	40-59	60 & Over
2 km Skate	Y	--	--	--	--	--
2 km Classic	Y	--	--	--	--	--
5 km Skate	--	Y	--	--	--	--
5 km Classic	--	Y	--	--	--	--
5 km Adult Recreational Skate			Y	Y	Y	Y
5 km Adult Recreational Classic			Y	Y	Y	Y
10 km Skate	--	--	Y	Y	Y	Y
10 km Classic	--	--	Y	Y	Y	Y
18 km Skate	--	--	Y	Y	Y	Y
18 km Classic	--	--	Y	Y	Y	Y

ENTRY FEE:

ADULTS (19 AND OVER): \$15.00
 AGE 18 AND UNDER: \$ 5.00
 FAMILY: \$25.00

PRIZES:

Participation prizes (please fill out the entry form completely and accurately)

FACILITIES:

Hot lunch, washrooms, and waxing area on site.

-----tear here

TNSC LOPPET ENTRY FORM

Sunday, March 17th, 2019

Circle one event: 2 km Classic 5 km Classic 5 km Classic – adult 10 km Classic 18 km Classic
 2 km Skate 5 km Skate 5 km Skate – adult 10 km Skate 18 km Skate

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

HOME ADDRESS: _____

YOUR FIRST TNSC LOPPET? Y N FEE ENCLOSED: _____ (make cheque payable to Temiskaming Nordic Ski Club)

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

Participant signature

Parent or guardian if participant under 18

REGISTER AT THE CHALET ON THE MORNING OF THE LOPPET (before 10:00 a.m.)

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