



EVENT NOTICE

Reino Keski-Salmi Loppet

January 25, 2020

RACE EVENTS: Saturday, January 25 10:00 am Loppet - Classic Technique

RACE LOCATION: Larch Hills Ski Area – Salmon Arm, BC

HOST CLUB: Larch Hills Nordic Society <https://skilarchhills.ca/>

SANCTIONED BY: NORDIQ CANADA
CROSS COUNTRY BC

RULES: NORDIQ CANADA RULES AND REGULATIONS

RACE COMMITTEE: Chief of Competition: Brad Calkins bradcalkinsstock@hotmail.com
Race Secretary: Lindsay Olineck rksloppet@gmail.com
Chief of Timing: Luke Heckrodt
Chief of Course: John Thielman
Chief of Stadium: Carl Flatman
Media Liaison: Pat Danforth

REGISTRATION: Registration and fee payment is online only at:
<https://zone4.ca/reg.asp?id=22874>

Fees are payable by credit card or may be mailed in.

Registrants are responsible to verify the accuracy of their entries.

The Event Participation Waiver must be completed as part of the online registration.

Contact the Race Secretary with issues regarding registration or to report any corrections that need to be made.

RACE ENTRY: Deadline for registration is **Thursday, January 23rd 11:59 pm PST**
Late entries will not be accepted.

RACE FEES:

	on/before Jan. 19/20	after Jan. 19/20
7 & Under	\$7.00	\$12.00
8 to 17	\$12.00	\$17.00
18 & Over	\$37.00	\$42.00
Recreation	\$32.00	\$37.00

REFUND POLICY:

All registration fees submitted to the Reino Keski-Salmi Loppet are non-refundable. If conditions force the organizers to cancel the Loppet, we reserve the right to cover our costs incurred. Cancellations by participants for medical or personal reasons will be reviewed on an individual basis.

LICENSES:

Licenses are not required.

**SEEDING/START
LISTS:**

Starting lineup for all categories will be self-seeding.

BIB PICKUP:

Race packets will be available at the **Salmon Arm Recreation Centre**, Friday, January 24, 2020 from 4:00-7:00 p.m. Race packets can also be picked up at the Larch Hills chalet basement on race day from 8:30-9:30 a.m.

FACILITIES:

A day lodge with running water and washrooms is on site.

FOOD & DRINKS:

Hot lunch is served at the finish line.

**AID/WAX
STATIONS:**

Every 6 km or less.

TIME LIMITS:

Loppet skiers taking 2 ½ hours or more to complete the first lap (17 km) will not be permitted to start the second lap. They will be directed to the bib collectors at the finish line. 5. Any loppet skier arriving at the upper aid station after 1:30 will be directed, via Larch Hills Road, to the bib collectors at the finish line.

**WARM UP/
WAX TESTING**

The courses will be open until 15 minutes prior to first race start time. Wax testing and warm-up will be available on course until the course is closed. Off course wax testing and warm-up area are limited during the event.

WAXING:

There is space for team tents along the North side of the parking lot in front of the Chalet, or along the East side of the chalet as far as the accessible washroom. Teams must supply their own wax tents. Power outlets are available.

Cross Country BC respectfully requests all coaches, athletes, wax technicians and parents to abide by a self-governed protocol while waxing skis for athletes in all age categories at all community events. This protocol also applies to coaches, athletes, wax technicians and parents traveling to British Columbia from out-of-province or out-of-country.

The RKS Loppet is adopting the Low Fluoro Glide Wax protocol:

CCBC Low Fluoro Glide Waxing Protocol:

- Structure tools **ARE** permitted.
- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes **ARE** permitted.
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are **NOT** permitted.
- Pure Fluoro glide waxes (powders, pucks, blocks and liquids) are **NOT** permitted.
- Cold weather powder additives and hardeners are **NOT** permitted.

**TRAIL
CONDITIONS:**

Visit <https://skilarchhills.ca/trailreport/> or see the information board in the stadium day of race.

COURSE MAPS:

Course maps are available at the club website and will be posted at the race office and stadium bulletin boards.

<https://skilarchhills.ca/loppet/>

TRAIL PASSES:

Trail passes are not required for registered racers and coaches, including pre-skiing of the courses on Friday. Siblings and parents who want to enjoy our trails are welcome to deposit a donation into the trail fee box.

ACCOMMODATION:

See list of Hotels and Motels in Salmon Arm at the following link:
<https://shuswaptourism.ca/discover/salmon-arm/accommodation-listings>

**COLD WEATHER
POLICY:**

The Loppet committee will appoint a race jury (CCBC Technical Delegate, Chief of Race, Volunteer Coordinator) to make a day of race decision on temperature if the temperature is expected to be below -18C. Safety is of paramount concern, as much for the volunteers out on course as the skiers themselves. The Loppet will be cancelled below -25C day of race, but if the temperature is between -18C and -25C the race jury will provide advice day of race and may consider a race modification (i.e. one lap only). Check <https://skilarchhills.ca/loppet> for cold weather notices.

Live weather conditions are here: <https://skilarchhills.ca/webcam-weather/>

EVENT AWARDS: Event awards will be presented at the stadium at 11:30am for skiers 7 years of age and younger. All other categories are presented at the Community Centre Awards Ceremony at 5:30pm.

Top 3 skiers in each class except recreation categories
 Trophies to overall winners
 Oldest and Youngest
 Farthest Away

RACE EVENTS

Classes: Male & Female (age at Dec. 31, 2019).

Class	Age	Distance	Start Time
A1	4 & Under	1 KM	10:15am
A2	5 to 7	2 KM	10:15am
A3	8 to 10	5 KM	10:05am
A4	11 to 13	5 KM	10:05am
B	14 to 17	17 KM	10:00am
C	18 to 29	34 KM	10:00am
D	30 to 39	34 KM	10:00am
E	40 to 49	34 KM	10:00am
F	50 to 59	34 KM	10:00am
G	60 to 69	34 KM	10:00am
H	70 & over	34 KM	10:00am
J	70 to 79	17 KM	10:00am
K	80 & over	10/17 KM	10:00am
R10	Any Age	10 KM	10:10am
R17	Any Age	17 KM	10:10am
R30	Any Age	30 KM	10:05am
PN Sit	Any Age	Choose KM	10:15am
PN Stand	Any Age	Choose KM	10:15am

Para Nordic entrants will be contacted so that we might best prepare for your needs.

FUNDRAISING:

The RKS Loppet is the 'Heart Fund' Loppet. Participants are encouraged to make a donation to the Heart and Stroke Foundation either during online registration or during race packet pickup. Proceeds from Loppet are retained by the Larch Hills Nordic Society, a non-profit organization.



GOLD SPONSORS

			
			
			
			

SILVER SPONSORS

			
			
			
			

BRONZE SPONSORS

			
			