



EVENT NOTICE

Reino Keski-Salmi Loppet, Saturday, January 20, 2024

RACE EVENTS: Saturday, January 20, 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	bcalkins@hey.com
Race Secretary:	Kari Wilkinson	reino@skilarchhills.ca
Chief of Timing:	Luke Heckrodt	
Chief of Course:	Brian May	
Chief of Stadium:	Cam Brown	
Media Liaison:	Pat Danforth	

REGISTRATION: Registration and fee payment is online at: <https://zone4.ca/register.asp?id=34141>
The Event Participation Waiver must be completed as part of the online registration.
Registration by mail is no longer accepted.

Deadline for registration is **Wednesday, January 17th 11:59 pm PDT**
Late entries will not be accepted.

Contact the Race Secretary with issues regarding registration or to report any corrections that need to be made: reino@skilarchhills.ca

RACE FEES:

	on/before Jan. 8, 2024	on/after Jan. 9, 2024
7 & Under	\$12.00	\$17.00
8 to 17	\$17.00	\$22.00
18 & Over	\$42.00	\$47.00
Recreation	\$37.00	\$42.00

Race entry fee includes après ski lunch at the hill; pool pass to SASCU Recreation Centre and entry to Wine & Cheese Celebration. Adults receive one free wine ticket.

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: NEW! The RKS Loppet is a Tier 3 Event. A race license is required of all participants in a Tier 3 event, regardless of whether they hold a Nordiq Canada Race License, Development License, or Associate Race License. The license fee (\$3.00) will be automatically added to all race registrations on Zone 4 and the revenues sent directly to Nordiq Canada.

- SEEDING/
START LINEUP:** Starting lineup for all categories will be self-seeding.
- BIB PICKUP:** **NEW!** Race packets will be available at **Larch Hills Chalet, Saturday, January 20, 2024 from 8:00 am - 9:30 a.m.**
- FACILITIES:** A day lodge with running water and washrooms is on site, plus 3 outdoor porta-potties and several outhouses.
- FOOD & DRINKS:** Hot lunch is served at the finish line.
- AID STATIONS:** Every 10 km or less.
- TIME LIMITS:** **All skiers relinquish their bibs at the noted locations if they do not make the following time limits:**
- **12:00 PM** – Larch Hills Road at Baby Moonwalk (30 km) – Skiers are directed down Baby Moonwalk and may ski the remainder of the 17 km course;
 - **12:30 PM** – Stadium (34 km, start of 2nd Lap);
 - **1:15 PM** – South Hub (all, northbound) – Skiers are directed toward Frodo’s Bog and may ski the remainder of the 17 km course;
 - **1:45 PM** – South Hub (all) – Skiers are directed down Larch Hills Road to the Stadium/Finish.
- WARM UP/** The courses will be open until **9:50 AM (10 minutes prior to race start time).**
- WAX TESTING:** 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.
- Following Nordiq Canada’s “Fluorinated ski wax prohibition” (rule 222.8), the use of fluorinated wax or tuning products containing fluorine is prohibited.
- The following are Not Permitted:
- Fluorinated grip wax (of any type)
 - Fluorinated glide wax (of any type)
 - Fluorinated cold weather powder additives and hardeners
 - Fluorinated grip powders
- 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 loppet website and will be posted at the race office and stadium bulletin boards.
<https://skilarchhills.ca/loppet/>

ACCOMMODATIONS: See list of hotels and motels in Salmon Arm at the following link:
<https://www.shuswaptourism.ca/plan/>

COLD

WEATHER POLICY: Following Nordiq Canada's "Cold Weather Precautions" (rule 388):

- The Jury will consider temperature, duration of exposure and clothing/protection against cold weather.
- If the temperature is forecast to be between -15 °C and -25 °C, recommendations regarding cold weather will be made available to the competitors.
- If the temperature on course is -25 °C or below, the race will be delayed or cancelled.
- With any difficult weather conditions (e.g., strong wind, heavy snow, icy track), the Jury may postpone, shorten or cancel the competition.

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

EVENT AWARDS: Event awards for U5, U8, U10 and U12 participants will be presented at the stadium.
11:30 AM

Top 3 skiers in each class will receive a chocolate medal.

All other competitive categories along with draw prizes for recreation and volunteers will be presented at the SASCU Recreation Centre Wine and Cheese Awards Celebration.

DOORS OPEN 4:00PM; AWARDS 5:00 PM

SASCU REC CENTRE: 2600 10th Ave NE, Salmon Arm, BC

Our classic RKS Loppet Wine and Cheese Celebration with the much anticipated Loppet Video; pizza by the slice and cash bar.

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

Draw Prizes: List posted at the SASCU Recreation Centre.

Prizes will be numbered and assigned to the name drawn.

Prizes can be picked up at the SASCU Recreation Centre.

Prizes not collected will be donated to the upcoming BC Cup Championships held at Larch Hills, March 1 - 3, 2024.

RACE EVENTS

Competitive Classes: Male & Female (Age at Dec. 31, 2023)

Athletes in classes U5 to U18 may race up into another distance.
Athletes in classes 70 to 79 and 80+ may race in the 34 KM 60 to 69 category.

CLASS	YOB	DISTANCE	START TIME
U5 (4 & under)	2019 or later	1 KM	10:20 AM
U8 (5 to 7)	2016 - 2018	2 KM (2 x 1KM)	10:20 AM
U10 (8 to 9)	2014 - 2015	5 KM	10:15 AM
U12 (10 to 11)	2012 - 2013	5 KM	10:15 AM
U14 (12 to 13)	2010 - 2011	10 KM	10:15 AM
U18 (14 to 17)	2006 - 2009	17 KM	10:00 AM
18 to 29	1994 - 2005	34 KM (2 x 17KM)	10:00 AM
30 to 39	1984 - 1993	34 KM (2 x 17KM)	10:00 AM
40 to 49	1974 - 1983	34 KM (2 x 17KM)	10:00 AM
50 to 59	1964 - 1973	34 KM (2 x 17KM)	10:00 AM
60 to 69	1954 - 1963	34 KM (2 x 17KM)	10:00 AM
70 to 79	1944 - 1953	17 KM	10:00 AM
80 +	1943 or earlier	17 KM	10:00 AM

Recreation Classes: Male & Female Combined

CLASS	AGE	DISTANCE	START TIME
R10	Any Age	10 KM	10:15 AM
R17	18 - 69	17 KM	10:00 AM
R30	Any Age	30 KM	10:05 AM

Para Classes

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

FUNDRAISING

Proceeds in support of



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.



JANUARY
20
2024



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BRONZE SPONSORS

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