



Race Notice

TECK KOOTENAY CUP #4 in FERNIE, BC

Saturday, February 11th, 2017

RACE EVENTS:

Teck Kootenay Cup #4
Saturday, Feb. 11th, 11:00 AM
Interval start (by age groups)
Free technique race, distances up to 13 km

RACE LOCATION:

ELK VALLEY NORDIC CENTRE
3 km SW from West Fernie bridge on Highway 3
Located on Mount Fernie Provincial Park road
Parking is very limited at the trails. More parking is provided on the streets of the adjacent The Cedars development. Walking trails links parking with the Nordic Centre.

HOST CLUB:

FERNIE NORDIC SOCIETY
<http://www.fernienordic.com/kootenaycup4>

REGISTERED BY:

CROSS COUNTRY BC (CCBC)

RULES:

CCC RULES AND REGULATIONS

RACE ORGANIZING COMMITTEE:

Race committee chairs:

Chief of Competition	Clark Weber
Chief of Course	Dave Smith
Chief of Timing	Matthieu Corriveau
Chiefs of Stadium	Bruce Lennox and Markus Glickman
Competition Secretary	Fiona Fait
Chief of Security	Jennifer Heath
Sponsor & Media Liaison	Fiona Fait
Awards Coordinator	Scott Dressler
Volunteers Coordinator	Clark Weber

COMPETITION SCHEDULE

COMPETITION: Saturday, February 11^h, 2017

Free technique race, Interval start by age groups

Start time: 11:00 AM with youngest categories starting first

Category	Sub Categories/ Year of Birth	Distance
Bunnies	Girls and boys, YOB 2013 & 2012	0.3 km
Atoms	Girls and boys, YOB 2009, 2010, 2011	0.7 km
Pee Wee	Girls and boys, YOB 2007 & 2008	2 km
Bantam	Girls and boys, YOB 2005 & 2006	3.4 km
Midget	Girls and boys, YOB 2003 & 2004	3.4 km
Juvenile boys and girls	Girls and boys, YOB 2001 & 2002	5 km
Junior boys and girls	Girls and boys, YOB 1999 & 2000	7.7 km
Junior men and women	Males and females, YOB 1997 & 1998	10.3 km
Open women	Females, YOB 1987 - 1996	10.3 km
Open men	Males, YOB 1987 - 1996	13 km
Masters women	Females, YOB 1986 or earlier	10.3 km
Masters men	Males, YOB 1986 or earlier	13 km
SuperRec men and women	Males and females, YOB 1986 or earlier	5 km

Results from all categories over 4yo will be sorted by gender

RACE

Registration and fee payment is ONLINE by Credit Card only at www.zone4.ca until **Wednesday Feb 8th at 11:00 PM (MST)**

REGISTRATION:

If you experience any difficulties registering on-line please contact the Competition Secretary at fvfait@yahoo.com

Racers and coaches **must** check the confirmation list on Zone4 (www.zone4.ca) as soon as possible after they complete their registration to ensure that they are registered in the correct categories. Please contact the competition secretary (Fiona Fait at fvfait@yahoo.com) before 12 noon on Friday, Feb. 10th if there are any corrections required.

Through Zone4, you will be able to pay the race fee and purchase lunch tickets.

There are no refunds of any kind once a racer registers and then subsequently withdraws from the race or does not show up for the race. If the organizers are required to cancel the race, then refunds will be issued with the exception of any online processing fees.

- ELIGIBILITY and LICENSES:** This race is designed to appeal to racers of all levels. Races licenses are not required for this event.
- RACE ENTRY DEADLINE:** The entry deadline for all races is:
Wednesday, Feb. 8th at 11:00 PM (MST)
Please note that late entries will not be accepted
- RACE FEES:** \$5 per race for Bunnies
\$10 per race for Atoms, Pee Wees, and Bantams.
\$20 per race for all other age categories.
Note that Zone4 online fee will be added to this amount.
Payment must be made online. Credit cards only.
- WAIVER FORMS:** Waivers must be accepted online at the time of registration.
- START LISTS:** Start times (by category) for each race will be posted at both the race office and online by 10:00 AM on Friday, Feb. 10th.
- BIB PICKUP:** Saturday: 9:00 AM – 10:00 AM, adjacent Warming Hut at the Elk Valley Nordic Centre. All bibs must be picked up by 10 AM
- AWARDS:** Awards will be presented on site at intervals after a few race categories have been completed.
- WARM UP/ WAX TESTING** The course will be open until 10:15 at which time all skiers need to be off the course.
- FACILITIES:** There will be outhouses located close to the parking and stadium areas. First Aid attendants will be present on site. There are no dogs allowed anywhere at the Elk Valley Nordic Centre. There will be no access to the hut (race office) during the race.
- FOOD & DRINKS:** Post-race complimentary hot drinks and chili, or lentil soup, will be offered to racers and volunteers. Family members, spectators and coaches may purchase lunch tickets online or at the site for \$5
- WAXING:** An area is available near the hut for waxing but without any facilities. The area is in the open with no cover. Note that **NO** power outlets will be available at the site. Teams are welcome to set up their own tents for waxing.
- The **CCBC Glide Waxing Protocol** will apply to all categories:
Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Midget age categories and younger. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country.

The recommended glide waxing protocol is as follows:

- 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 liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

SNOW AND TRAIL CONDITIONS: Visit www.fernienordic.com/grooming

COURSE MAPS: Course maps are available at the club website www.fernienordic.com/kootenaycup4

TRAIL PASSES: Race entry fees include full use of trails for the race day only. Trail passes for all other skiers must be purchased at the trailhead kiosk or online for skiing on the trails.

ACCOMMODATION: Hotel accommodation is available in nearby Fernie. The race weekend is also British Columbia's Family Day weekend. Early booking is recommended.

The Park Place Lodge in Fernie is a partner for the event. Book directly by phone 1 (888) 381-7275 or online at <https://goo.gl/e5XOKa> and mention the Group Code TKC17 for rates from \$142/night

The following hotel/motels are all located along highway 3 in Fernie:
Snow Valley Motel 1-877-696-7669, East Kootenay Motel 1-888-737-2777
Red Tree Lodge 1-800-977-2977, Motel 8 1-800-382-0484

LOCAL ACTIVITIES: Check out www.tourismfernie.com

SPONSORS:

Teck

Fernie Auto Parts Ltd.