

Whistler Nordics: Feb 3 Toonie Race Notice & Nordic news...

Next Toonie race: Relay race around Lost Lake



Sponsored by:

TBC

Scandinave Spa



Ryders Eyewear



Location: Lost Lake Trails
Sign-in: 5.30pm Lost Lake Passive Haus
Race start: 6:30pm at Beach Cut
Course: Team Relays: Laps around Lost Lake Loop via Beach Cut
Map: <http://www.whistlernordics.com/maps/>
Race fee: \$2.00 (*\$5.00 non-members one-off Try a Toonie)
Après: To be confirmed

Mandatory for all racers:

- Be a Whistler Nordics Ski Club member* (adult \$40, child \$25 – sign-up [online](#)) to take part
- Have a valid trail pass
- Wear a **HEAD LAMP**

*Non-members can Try-a-Toonie for \$5

****Please allow time to ski from sign-in to Beach Cut for the start of the race****

Jan 27 Toonie Race Report

Sponsored by:

Scandinave Spa



Dairy Queen



Ryders Eyewear



Thank you to Scandinave Spa and Dairy Queen who sponsored the Toonie Race après last week. The attractive after-race options for both kids and adults drew our largest crowd to date: 104 racers! Thanks for your patience at sign-in. It was a fast and fun race by head-lamp through the lost lake trails - 3 ever decreasing circles ending at the Spa. Thanks also to Ryders Eyewear and Scandinave Spa, the race series sponsors, for proving the draw prizes.

Nordic News

For sale and wanted

For sale: Kids Fischer boots (size EU32) **Wanted:** One size larger



Please contact: Tracy Jackson: 604 938 3320, tracyleejackson@telus.net

Lost Lake Passive Haus Grand Opening - Sat, Feb 12, 10am- 2pm

Includes:

- Horse drawn sleigh rides
- Free hot chocolate and marshmallows
- Outdoor fireplace
- Live music
- Interpretive building Tours
- Chilli and hot dogs available from the Alpine cafe
- \$5 child/youth ski tickets and snowshoeing
- \$10 adult ski tickets (\$5 after 3pm)
- \$15 ski and snowshoe rentals all day

"Nuts for Nordic" PHOTO CONTEST Weekly Prizes!

Show BC Nordic what inspires you out there on BC's Nordic trails! Start clickin' and get ready to UPLOAD and VOTE for your fave pics to win great prizes (plus weekly giveaways on Facebook) from Tourism Whistler, icebreaker, Halti, Fischer/Swix, Norona Life, MEC, Sigge's and more.



BC Nordic on [Facebook](#) for contest updates and to win weekly prizes!

There are a multitude of events to take part in this season, see information below:

Spud Valley Nordics Ski Club - 22nd Annual Spud Valley Loppet, February 6

CLASSIC TECHNIQUE

RACE LOCATION: Pemberton, BC

Start: Ronayne Farm – 16 km from the Village of Pemberton***

Finish: Lillooet River Forestry Bridge

HOST CLUB: Spud Valley Nordics

START TIME: 10:00 AM

RACE COURSE: This is a 12 km race

REGISTRATION: Day of race registration. Bib Pickup from 9:00 am to 9:45am

FEES:

Child (under 13) \$10.00

* With a current membership in a Nordic Club

Youth \$15.00*/ \$25.00**

** Includes registration in the Spud Valley Nordics Association

Adult \$20.00*/\$35.00**

Family \$40.00

For more information visit the [Spud Valley Nordics Website](#) or download the [race notice](#).

Coast Cup #4 & 5 - Mt Washington, Feb 12-13

Format & Technique:

Saturday: Team Sprints, Free Technique

Sunday: Interval Start, Classic Technique

Race Notice: <http://strathconanordics.com/wp-content/uploads/2011/01/CoastCup4-2011-RaceNotice.pdf>

Registration: Online at Zone4 only at <https://www.zone4.ca/onlinereg.asp?id=3364>

Registration Deadline: Thursday, February 10 at 6:00 p.m. (**absolutely no exceptions**)

Cariboo Marathon Gold Rush, Feb 12

To All The Happy Skiers;

There's over 70cm base snow on the ground, and the revived Cariboo Marathon Gold Rush is ready to go. Come and join us for a wonderful week end of dry snow, dancing, and fun. We hope to see many of the club members join us, and re-new former friendships and rivalries. With our course changes, excellent tracks, gold prizes, and new Rabbit friendly circuit, we know you will have a great time. So mark February 12 2011 and get on down here. We will love to see you. Early registration on ZONE4 closes Jan 15. But you can register using ZONE4 until Feb 10, or in person Friday Feb 11 at the Nordics Lodge from 3 to 9 PM. See <http://100milenordics.com/cariboo-marathon/> for more details.

BC Championships, Feb 19-20 - Including Club Relays

Stake Lake Nordic Centre, Kamloops, BC

All age categories offered, Atoms to Masters 70+

CLUB CHAMPIONSHIP TROPHY & YEAR END BC CUP SERIES AWARDS

BC Cup Series Aggregate Awards

College/University Series Aggregate Awards

BC Cup Series Technical Package:

<http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=2996>

BC Championships Race Notice:

<http://www.overlanderskiclub.com/docs/bc%20champs%20race%20notice%202011%20jan%202017.pdf>

On line registration: <https://www.zone4.ca/onlinereg.asp?id=3444>

Note that the BC Cup Series is used to determine provincial team selections (BC Ski Team, BC Development Squad and BC Talent Squad) either directly or indirectly via the CPL and CSL.

Siggie's P'ayakensut, February 26

The inaugural running of British Columbia's newest cross-country ski event, the P'ayak, will be held on Saturday, February 26th, 2011 at Whistler Olympic Park (Callaghan Valley).

The Whistler Nordics are not hosting their 2011 Lost Lake Loppet in order to support this new event instead. All club members are encouraged to participate or volunteer to make this World loppet a success.

The main feature will be the ski marathon (P'ayak 50, P'ayak 30, P'ayak 15, P'ayak Youth, P'ayak Sit) which will take place on some of North America's most spectacular ski trails. Participants will wind through old growth cedar forests and be wowed by incredible mountain scenery.

In addition to the marathon events, organizers will host a day of ski-related activities for young people from ages 4 to 14. The program will include terrain park activities for children and under, a P'ayak Kids Tournament for children 4 to 11, a P'ayak Cross for skiers 12 to 14, and team relays in fun formats for all (Le Mans, Three-Legged, Chariot, Scooter and Hounds & Hares).

For more information, or to register, visit: <http://www.payak.ca/>

2011 BC Midget Championships- Callaghan Valley, Mar 5-6

The objective of the Midget Championships is to bring young skiers together for a memorable and enjoyable weekend of competition and fun. This event follows a tournament format, where one school or club team ends up the overall winner. Points towards the club aggregate trophy recognize the efforts of as many participants as possible, including the achievements of both individuals and teams.

This event is suitable for beginner through to experienced skiers.

Highlights:

- * one year age categories for 1998, 1999, 2000 and 2001
- * age appropriate courses
- * emphasis on participation
- * banquet
- * tons of Fun!!!

Host Club: Hollyburn Cross Country Ski Club

Location: Whistler Olympic Park (Callaghan Valley)

Date: March 5-6, 2011

Race Notice: will be available shortly

Technical Package: <http://www.crosscountrybc.ca/main.asp?cmd=doc&ID=2998>

Join the Excitement! 2011 Sparkling Hill Masters World Cup, Mar 3-11

We strongly encourage anyone over 30 to enter this event!

Points to consider

- You race within a 5-year cohort, ages range up into the 90's.
- Every race is a mass wave start.
- This is an international event and celebrates 'active for life'.
- Participants from 21 countries have registered so far.
- Typically over 1000 participants register.
- The event is in Canada once in eight years and has never been in B.C. before.
- The World Masters Association establishes the rules:
 - o Entry deadline is February 14th and there are **no extensions or changes**
 - o It's easy to register on line through the link on our web site
 - o You must register with the Canadian Masters Ski Association and you can do this on line when you register for the event
 - o The entry fee is for the 'event', number of races is not a consideration
 - o The entry fee is set at 160 Euros (but you pay in \$Canadian)
 - o Participants may choose to race classic or free technique for each of the three distances (short, medium or long). So you can't choose two short races!

Information on registration, accommodations, travel in the region and how to sign up as a volunteer can be found at: <http://www.mwc2011.com/>