

RACE NOTICE

Tour De Lost Lake

Saturday January 16, 2010

Mass Start, Free Technique

DATE: Saturday, Jan 16, 2010
RACE LOCATION: Driving Range, 8080 Nicklaus North Blvd & Lost Lake Trails, Whistler
HOST CLUB: Whistler Nordics Ski Club
START TIME: 10:30 am
CHIEF OF RACE: Brent Murdoch murdoch@telus.net

ENTRY: Skiers must register and pay online at www.zone4.ca

Adult (19 & Up)	\$25
Youth (14 – 18)	\$15
Child (13 & *under)	\$15

*If your child needs to be accompanied please contact Race Office admin@whistlernordics.com, you will be issued a bib and race etiquette guidelines.

ENTRY DEADLINE: **Friday Jan 15 AT 12:00 pm. No late entries accepted.**

BIB PICK-UP Friday 15, 5-7pm The Nordic Shop, Whistler or morning of race - we encourage early bib pick up to save time the morning of the race. Please make sure your bib is visible to course officials for lap counting and for timing at the finish otherwise you may not get a result. Please do not stick trail passes on these bibs.

TRAIL PASSES: Competitors are required to have a valid trail pass (payable at time of registration at www.zone4.ca).

CATEGORIES: As outlined at www.zone4.ca. Please note that ages are as of Dec 31 2010.

Category	Age	Year Born	Distance (approx. and may change)
Child	13 & under	>= 1997	6 km
Youth	14-18	1992-1996	10 km
Recreational Male/Female	19+	<= 1991	15 km
Open Male/Female	19+	<= 1991	30 km

COURSE MAPS: Will be posted at www.whistlernordics.com

START DETAILS: Mass Start by Categories. Starting area is on the Driving Range at Nicklaus North Golf Course.

Start Time	Categories
10:30 am	15 km / 30km
10:35 am	6.0 km / 9.5km

If you miss or are late for your start time you will be timed according to where you should have started. Allow 10 minutes to get to start line. Note: Extra poles will be available en route (at Aid Station) courtesy of the Cross Country Connection.

- FACILITIES/PARKING** Riverside Campground has kindly offered the use of the facilities with regards to washrooms, changing, however we encourage you to park at Meadow Park and Mons. Nicklaus North / Meadow Park Sports Center (3 hour limit) & Mons. Ski to start area.
- FOOD/WATER** For the **15km & 30 km courses**, there is one aid station, at the south end of the course just past the ticket booth and Cross Country Connection, providing beverages and snacks. **While there is an aid station, skiers should be prepared with their own aid supplies.**
- FINISH AREA:** The finish area is where the start is. It is narrow. You will not be able to pass on the finish line. Our race marshals will do their best to avoid congestion here, but if you are racing for the finish and there is a slower skier in front please call track loudly and well in advance. Thanks for your consideration. All skiers, be aware of the finish area, and watch for fast skiers coming up behind you ... move out of the way if necessary.
- CUT-OFF TIME:** In consideration of the volunteers on course, timing of the race ends at 12:30 at which time volunteers leave the course.
- LUNCH & AWARDS:** At the Riverside Junction Cafe, Riverside Campground. Food vouchers will be issued at bib pick up to redeem the lunch provided. They will not be replaced if lost or misplaced, please bring them with you, and present them when picking up your lunch. Lunch will be a casual meat/vegetarian chilli with cheese and a bun. Awards will begin once the majority of skiers have started their lunch ... starting at 12:30pm. Extra lunch for friends and family @ \$10.00
- RESULTS:** Unofficial results will be posted at the end at Riverside Junction Cafe. Results will be available to review on the Whistler Nordics website: www.whistlernordics.com
- MEDALS:** 1st, 2nd and 3rd place will be awarded in all categories, male and female. Scandinave Spa has donated four spa passes for the mens' and womens' winners in the 15 km and 30 km.
- SHOWERS/HOT TUB:** The Meadow Park Recreation Centre is close by on Hwy 99. If you would like a hot tub and/or shower prior to lunch, then this is the place to go. Prices are \$7.25 Adult, \$4.50 Youth, \$3.75 Child, \$14.50 Family. They do rent towels for \$2.
- ACCOMMODATION:** Whistler Central Reservations 1-800-WHISTLER
Riverside RV & Camping Cabins 1-877-905-5533
Other Alternatives: Whistler Hostel, UBC Lodge
The Alpine Chalet Whistler Inn (www.whistlerinn.com)

THANKS TO OUR SPONSORS

Chevrolet | Cross Country Connection | Haywood Securities Inc. | Lost Lake | Nicklaus North Golf Course | Resort Municipality of Whistler | Riverside Campground | Riverside Junction Cafe | Scandinave Spa | Whistler Blackcomb Foundation