



RACE NOTICE



Teck Okanagan Cup #1 & Larch Hills Annual Fun Race



**December 30th, 2012, 11:00am
Larch Hills Ski Area, Salmon Arm, B.C.**

NAME OF EVENT: Teck Okanagan Cup #1 & Larch Hills Annual Fun Race

DATES: Sunday Dec 30th 2012, 11:00am sharp
Mass Start for each distance, Classic Technique

RACE LOCATION: Larch Hills Ski Area (15 km east of Salmon Arm). **The race office will be located in the Larch Hills Ski Chalet.**

From Highway 97B South of Salmon Arm, turn East **on Grandview Bench Rd.** (at the junction there's a small sawmill) and drive east for 5 km until you see a second **Larch Hills Ski Area** sign near the Edgar Rd. junction with its cluster of mail boxes. **Turn left on Edgar Rd.** and drive 3 km until you see the third **Larch Hills Ski Area** sign on the right. **Turn gentle left on Larch Hills Rd.** which climbs steadily past several houses and John's Ski Shack for about 3 km to the Larch Hills parking lot. **The Larch Hills Ski Chalet** is located at the top end of the parking lot.

HOST CLUB: Larch Hills Nordic Society: www.skilarchhills.ca

SANCTIONED BY: Teck Okanagan Cup races are not nationally or provincially sanctioned

RULES: CCC RULES AND REGULATIONS

RACE CONTACTS:

Chief of Competition: John Thielman info@johnsskishack.com 250-832-3457

Race Secretary: Rob Nash race_secretary@telus.net 250-832-0612

ELIGIBILITY: Ski licenses are not required. Teck Okanagan Cup series is meant to be affordable & accessible to all skiers living in the Okanagan from children and their parents to advanced skiers. Para Nordic will be included if requested.

INSURANCE: All skiers must be a member in good standing of a CCC/CCBC club.

REGISTRATION: **Preferred** registration for Okanagan Cup entry (to be eligible for awards and club aggregate points for the series) will be online at www.zone4.ca starting Dec 1st at : <https://zone4.ca/onlineereg.asp?id=5122&lan=1> Or by mail-in registration, with cheque made payable to *Larch Hills Junior Race Team*, to be received **before** Dec 26th. See registration form below. Registrants must also mail a signed waiver for each racer.

Registration for the fun race (not eligible for a Teck medal/ribbon or club aggregate points for the series) can take place on race day from 8:30am to 9:30am. Please consider registering instead on Zone4 before Dec 26th.

The same registration fee applies for both the Okanagan Cup or Fun Race.

Racers and coaches should verify registration by checking the confirmation list on Zone4 prior to the registration deadline. Please e-mail any errors or omissions to the race secretary before midnight on Wednesday, December 26th. Registration fees include trail fees.

DEADLINES: **Okanagan Cup #1 Entry deadline is Wednesday, December 26th, 2012 at 7:00 pm. All entries after this time are only eligible for the Fun Race.**

DRAW: The draw for Sunday's race will be held on Thursday, 27th Dec, 2012.

STARTLISTS/BIBS: Start lists will be available online at ZONE4.ca on Saturday Dec 29th and will be posted at the Chalet at Larch Hills on the morning of the race. Bibs can be picked up at Larch Hills between 10 am and 10:30 am on Sunday.

RACE OFFICE HOURS: Sunday, December 30th 8:00 am to 2:00 pm

AWARDS: Teck medal and/or Teck ribbon presentations to the top five eligible finishers for each age category, 8 years to 14 years, will take place following the race. Participation ribbons for all Atoms are provided by Teck. Prize also provided for top 3 finishers in all ages 15+ by host club.
Additional Awards by Host Club:
Keskinen Family Trophy – Top family result (three members)
Hamish Jenks Memorial Trophy – Top 10-13 yr male and female
Ian Jenks Memorial Trophy – Top 14-17 yr male and female
Overall Winner Male – 10km , Overall Winner Female – 10km

CLUB AGGREGATE AWARD: Club points are accumulated for each race in the Okanagan Cup series and an award is given to the club with the most points at the end of the final race. Points are earned for top 5 finishers and for **participation** ! So encourage your club to attend all three races.

#2 Feb 16th Kamloops & #3 Mar 10th Vernon.



- CONCESSION:** A concession will be available near the stadium.
- FACILITIES:** The Larch Hills chalet, located adjacent to the parking lot, is a rustic log building with wood stove, running water and washrooms. As there is limited indoor space, please come prepared to spend time outside and bring clothing suitable for the weather.
- WAXING:** Electrical outlets for waxing purposes will be located near the chalet along the edge of the parking area.
- WARM UP/
WAX TESTING:** No wax testing or warm up is allowed on the race course during the competition. Other trails are available.
- COURSE MAPS:** Course maps are posted on the Larch Hills website under the Okanagan Cup event tab. The courses to be used on Sunday will be set and marked for training on Saturday.
- WEATHER:** Check the club website at www.skilarchhills.ca for weather and snow conditions in the week prior to this event.
- RACE CANCELLATION
POLICY:** If Okanagan Cup #1 is cancelled 48 hours or less in advance due to snow or weather conditions, 25% of race entry fees will be retained.
- REFUNDS:** Refunds only provided, for valid reasons, at the discretion of the race organizers. Any refund will be subject to 25% retention to cover processing fees and incurred costs.
- ACCOMMODATION:** See list of Hotels and Motels in Salmon Arm at the following link: <http://salmon-arm.travel.bc.ca/accommodations/>



RACE CATEGORIES/COST:**Sunday Dec 30th, 2012 – MASS START CLASSIC TECHNIQUE (11:00am start) – Approx km**

Category	Age		Year Born		Distance (km) Classic Tech.		Fee per race
	Male	Female	Male	Female	Male	Female	
Atom	7 & under	7 & under	2005-07	2005-07	1.5	1.5	\$5
Pee Wee	8-9	8-9	2003-04	2003-04	1.5	1.5	\$5
Bantam	10-11	10-11	2001-02	2001-02	3	3	\$10
Midget	12-13	12-13	1999-2000	1999-2000	3	3	\$10
Juvenile	14-15	14-15	1997-98	1997-98	5	5	\$10
Junior B/G	16-17	16-17	1995-96	1995-96	5	5	\$10
Junior M/W	18-19	18-19	1993-94	1993-94	10	10	\$15
Open	20-29	20-29	1983-1992	1983-1992	10	10	\$15
Masters	30-39	30-39	1973-1982	1973-1982	10	10	\$15
Masters	40-49	40-49	1963-1972	1963-1972	10	10	\$15
Masters	50-59	50-59	1953-1962	1953-1962	10	10	\$15
Masters	60-69	60-69	1943-1952	1943-1952	10	10	\$15
Masters	70+	70+	< 1942	< 1942	10	10	\$15

10km = 2 laps of 5km

GOOD LUCK TO ALL RACERS !

Registration Form - if not registering on the preferred ZONE4.ca registration - to be mailed
with Cheque and Waiver

Teck Okanagan Cup #1 & Larch Hills Annual Fun Race

First Name: _____ Last Name: _____

Mailing Address: _____ City: _____

Province: _____ Postal Code: _____ Telephone: _____

Email: _____

Date of Birth: YY _____ MM _____ DD _____ Ski Club: _____

Competition Category: _____ Male/Female: _____

Fee: \$ _____ (see chart above)



I, the Participant and/or Parent/Guardian, have read and AGREE to be bound by the
Informed Consent and Assumption of Risk Agreement as per below.

Please make Cheque payable to *Larch Hills Junior Race Team*

Mail to: Race Secretary

1681-70th St SE

Salmon Arm, BC

V1E 1X4

Cheque, registration form and waiver must be received by Dec 26th

Informed Consent and Assumption of Risk Agreement

IN CONSIDERATION OF Cross Country Canada (hereinafter referred to as CCC), Cross Country BC (herein after referred to as CCBC), the Larch Hills Nordic Society (herein after referred to as LHNS) accepting my entry into the above named activity, I hereby for myself, my heirs, executors, administrators and assigns, forever release and forever discharge, CCC, CCBC, LHNS, their executive directors, servants, agents, sponsors, supporters, employees, or volunteers from any, and all claims, demands, damages, costs (including solicitor and client costs on a full indemnity basis), actions or causes of actions, proceedings arising out of or in consequence of any loss, injury or damage which may arise by reason of negligence of CCC, CCBC and LHNS. In addition to the foregoing, I further waive any claims I might have in connection with any cancellation or rescheduling of the event for whatever reason. I declare that my physical condition, to the best of my knowledge, is adequate to safely participate in the sport of cross country skiing, and that no physician or other qualified individual has advised me against participating in the sport. I further acknowledge and agree that it is my choice as to whether I will obtain a physical examination prior to participating in the event, and I hereby acknowledge to assume all risks associated with not obtaining such examination, or if I do obtain an examination and is instructed not to participate in the event, I hereby assume all risks associated with my participation. I authorize and consent to the publication by the CCC, CCBC, LHNS of any materials containing my name or picture, and I release to the CCC, CCBC and LHNS and all persons acting under the authority from them, any claims I might have due to the initial or subsequent publication of such material. By completing this Waiver of Liability with my signature below, I hereby agree to abide by the Rules and Regulations as set forth by the CCC, CCBC and LHNS and to follow the instructions of the officials during the event. Due to insurance requirements all participants must be members in good standing of a CCC ski club.

I have read and agree to the Waiver: * ☐

Signature _____

