



40th Kananaskis Ski Marathon February 25, 2017 Race Information Package

Dear Nordic skiers,

On behalf of the Foothills Nordic Ski Club, I invite you to the 40th annual Kananaskis Ski Marathon on Saturday, February 25, 2017 in Peter Lougheed Provincial Park, Alberta. We welcome all recreational and competitive racers to this historic Great Cookie Race – our club's flagship event.

Go to www.cookierace.com for information and to register. Early bird pricing ends February 9.

Registration deadline is February 22, 2017 at 21:30 MST.

Registration is on a first-come, first-served basis, and participant numbers are limited. Registration will NOT be available on race day.

Features this year include:

- Distances ranging from 0.5 km to 42 km.
- Categories for racing (finish times and awards) and for touring (finish times, no awards).
- Awards for the top three female and male finishers in each race category.
- Candy bags for all Jackrabbit competitors and **cookies** for all!
- **Hot soup** at the finish line – please bring your own bowl and spoon to minimize waste!

See you at the race!

Tom Lambert
Chief of Race



Organizing Committee

Chief of Competition	Tom Lambert
Chief of Cookies/Refreshments	Rosie Hickey
Jackrabbit Chief	Paul Repp
Chief of Stadium	Tim Harris
Chief of Course	Clayton Paradis
Chief of Controllers	Greg Hofer
Chief of Timing	Kim Verheyde
Chief of Race Office	Ann Lohka
Race Administrator	Colin Norman

Jury

Technical Delegate	Cross Country Alberta
Duty Conservation Officer	Kananaskis Country
Chief of Competition	Tom Lambert
Chief of Course	Clayton Paradis



Kananaskis Ski Marathon

February 25, 2017

Race Information Package

Host Club: Foothills Nordic Ski Club

Sanctioned by: Cross Country Alberta

Date: Saturday, February 25, 2017 10am

Classic technique, mass start

Location: Peter Lougheed Prov. Park, start/finish at Pocaterra hut, 56 km south of Hwy 1 on Hwy 40.

The KSM is a loppet, a cross-country ski race open to the public, emphasizing participation, personal challenge, camaraderie, sportsmanship, and fun. It takes place at one of North America's finest cross-country ski trail systems. Competitors are treated to beverages, hot soup, and home-made cookies – lots of them. It's the Great Cookie Race!

Parking: Parking space is very limited – please carpool! Obey traffic wardens and traffic control signs. Vehicles parked in illegal areas are subject to ticket and towing. **Pocaterra parking lot will be reserved for vehicles with 2 or more occupants.**

Caution: All ski trails are open to the public while the race is in progress. Be cautious and courteous! Dogs must be on a leash, and are not allowed on ski trails. It's best to leave Fido at home!

Race Categories

Children (born 2005 or later) ski 0.5km, 1km, 2km, or 3km courses depending on age. Youth (born 2000-2004) race 5km or 15km. Adults can race 24km or 42km, or tour 15km or 24km. Tour skiers receive finish times, but no awards.

Birth Year	Awards for top three female and male in each category								No awards	
	Jackrabbit				Youth Racer		Adult Racer		Tourer	
	0.5km	1km	2km	3km	5km	15km	24km	42km	15km	24km
2011-2012	0.5km	-	-	-	-	-	-	-	-	-
2009-2010	-	1km	-	-	-	-	-	-	-	-
2007-2008	-	-	2km	-	-	-	-	-	-	-
2005-2006	-	-	-	3km	-	-	-	-	-	-
2003-2004	-	-	-	-	5km	-	-	-	-	-
2000-2002	-	-	-	-	-	15km	-	-	-	-
1987-1999	-	-	-	-	-	-	24km	42km	15 Tour	24 Tour
1977-1986	-	-	-	-	-	-	24km	42km	15 Tour	24 Tour
1967-1976	-	-	-	-	-	-	24km	42km	15 Tour	24 Tour
1957-1966	-	-	-	-	-	-	24km	42km	15 Tour	24 Tour
1947-1956	-	-	-	-	-	-	24km	42km	15 Tour	24 Tour
1900-1946	-	-	-	-	-	-	24km	42km	15 Tour	24 Tour

Skiers in all categories should self-seed at the start line. Faster skiers should move to the front rows to avoid congestion as the trail narrows.

Awards

Jackrabbits get a candy prize at the finish line. We will present awards for Jackrabbits at 13:00 on the podium beside Pocaterra Hut. Awards for all other race categories start at 14:00. In each race category we present awards to the top three female and male finishers. Skiers in the 15km Tour and the 24km Tour do not receive awards.



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Schedule

* Inclement weather or unsafe conditions may necessitate schedule/route changes.

Category	Start Time	Feeding Stations	Start/Finish
42km Race	10:00	9km, 13km, 23km, 32km, Pocaterra Hut	Pocaterra Hut
24km Race	10:10	9km, 13km, Pocaterra Hut	
24km Tour	10:15		
15km Race	10:25	9km, Pocaterra Hut	
15km Tour	10:25		
5km Race	10:30	Pocaterra Hut	
3km Race	10:35		
2km Race	11:00	Pocaterra Hut	Across Highway from Pocaterra Hut
1km Race	11:30		
0.5km Race	11:30		

Bib pickup: 8:00 – 9:30 on the morning of the race at the Pocaterra parking lot

If you wish to discontinue racing, **you MUST hand over your bib to a race official at Boulton or the finish line before leaving the area.** We will provide a shuttle service from Boulton to the finish line at Pocaterra.

Course Information

Jackrabbit courses: The 3km and 5km races start and finish at Pocaterra Hut, and participants require snowplowing skills as the new trails, built since the washouts of 2013, have steep sections. The 0.5km, 1km and 2km races start and finish on the north side of Kananaskis Lakes Trail, across the highway from Pocaterra Hut. **Please cross the highway carefully!** Use the designated crosswalk and obey traffic control officials.

15km course: Starts and ends at Pocaterra Hut, and follows Pocaterra, Lynx, Woolley, Meadow, Amos, Lynx, and Pocaterra trails. www.cookierace.com/files/map15kmrace.pdf

24km course: Starts and ends at Pocaterra Hut, and follows 15 km course to Elkwood feeding station, then Wheeler, Lakeside, Packers (130m climb!) and Pocaterra trails. www.cookierace.com/files/map24kmrace.pdf

42km course: Starts and ends at Pocaterra Hut, and follow 24 km course to Boulton feed station, then follows Whiskey Jack (280m climb!), Tyrwhitt, Elk Pass, Fox Creek, Moraine, Packers (130m climb!), and Pocaterra trails. www.cookierace.com/files/map42kmrace.pdf

Feed Stations and Refreshments

Feed stations at Elkwood, Boulton, and Elk Pass (at 9, 13, 23, and 32km marks) provide water, Gatorade, oranges, and cookies. The soup tent at Pocaterra Hut provides all that and hot soup too. Please bring your own bowl and spoon to minimize waste!



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Cut-Off Times

- 12:00 cut-off for skiers leaving Boulton feed station (13km) on the outbound leg of the 24km and 42km races
- 13:30 cut-off for skiers leaving Boulton feed station (32km) on the finish leg of the 42km race

Skiers arriving at Boulton after the cut-off times will be asked to discontinue racing and to turn in their bibs. Those who discontinue skiing can take a shuttle from Boulton back to Pocaterra. If we must adjust cut-off times for safety reasons, we will make every effort to notify skiers of the change.

Registration Fees

Race Distance	On or before Feb 9, 2017	After Feb 9, 2017
0.5km, 1km, 2km, 3km, 5km	\$ 20	\$ 20
15km	\$ 35	\$ 45
24km and 42km	\$ 70	\$ 85

* These fees include a \$2/person fee to Cross Country Alberta and a \$1/person fee to Alberta Parks.

Registration deadline is February 22, 2017 at 21:30 MST

Waivers: The online registration requires acceptance of a liability waiver. HOWEVER, racers under 18 years of age should also:

- download the waiver from www.cookierace.com/files/KSM2017-Waiver.pdf
- have it signed by the parent or guardian
- email the completed waiver to ksm@foothillsnordic.ca or bring it to the race

Cancellation Policy: In the event of very poor conditions or very inclement weather on race day, the race jury may decide to cancel the race or to modify the start time or the race course. If we cancel the race 3 days or more in advance, we will inform registered participants, coaches, officials, and volunteers by e-mail, social media, and on the race website, and we may refund a portion of the entry fee to reflect our costs. If we cancel the race less than 3 days in advance, no refund is likely. If the race takes place, we will issue no refunds. If you register for the race and then choose to withdraw before or during the event, you will receive no refund.

Race Information

KSM Information line: 403-988-0649
Email: ksm@foothillsnordic.ca

Tom Lambert, Chief of Race