



# Sunday March 8<sup>th</sup> 2015 – 10am Mass Start

**(Remember to adjust your clocks for the time change at 2am on Sunday morning)**

*Join us in this fun, recreational style; family oriented event with ski courses and categories for all. Everyone is welcome!*



**Location:**

Otway Nordic Centre,  
Prince George, BC

**Host Club:**

[Caledonia Nordic Ski Club](http://Caledonia Nordic Ski Club)

**Race Secretary:**

Jennifer Nesset  
250-964-1021  
[raceoffice@caledonianordic.com](mailto:raceoffice@caledonianordic.com)

**Registration and Payment:**

By credit card and online only at  
[Zone4.ca](http://Zone4.ca) – [2015 Stride&Glide Sports Spirit of the Rivers Loppet](http://2015 Stride&Glide Sports Spirit of the Rivers Loppet)

**Deadline:** Registration closes noon PST on Thursday Mar 5<sup>th</sup>. Early-bird fees apply until midnight Mar 1<sup>st</sup>, and then increase by \$5.00\*

CATEGORY	Age as of Dec. 31, 2014	Year Born	Distance (km)		Fee (until Mar 1st)*
			M	F	
Free Technique					
Bunnies	7 & under	2007 & later	2.5	2.5	Free
Skier with Bunny in Chariot			2.5	2.5	\$ 10.00
Skier with Bunny			2.5	2.5	\$ 10.00
M & F	10 & under	2004 & later	2.5	2.5	\$ 10.00
M & F	13 & under	2001 & later	7.5	7.5	\$ 10.00
Recreational	all ages	any year	7.5	7.5	\$ 15.00
Recreational	all ages	any year	15.0	15.0	\$ 15.00
M & F	17 & under	1997 & later	15.0	15.0	\$ 15.00
M & F	Classic Open	Open	15.0	15.0	\$ 20.00
M & F	Classic Open	Open	30.0	30.0	\$ 20.00
M & F	Open	Open	30.0	30.0	\$ 20.00
M & F	40 - 59	1955 - 1974	30.0	30.0	\$ 20.00
M & F	60 & over	1954 & earlier	30.0	30.0	\$ 20.00

**Technique:** All categories are Free Technique except those shown as Classic above.

\*\*\*notice continues on page 3 after the sponsor acknowledgement\*\*\*

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**Bib pick up:** Bibs can be picked up between 8:30 – 9:30 am Mar 8<sup>th</sup> at the race office located on the lower floor of the lodge. Entry is through the rental shop.

**Waiver forms:** An Event Participant waiver must be completed during online registration.

**Awards:** Award presentations, to participants 11 years and older, will take place at the Otway Nordic Centre following the posting of final results. Top three male and female finishers in each category will receive awards. Participants 10 years and under will receive a cookie medal at the finish line.

**Course maps:** Course maps will be posted on the [Spirit of the Rivers Loppet](#) website. The courses will be marked for event day and course marshals will be at major intersections. Classic Tracks will be set.

**Training days:** On Thursday March 5th the courses will be marked and tracks set for training. For this event, portions of the 7.5km and 15km courses along “Fingers”, “Antlers” and “Canada Cup” trails are skied in reverse of the usual direction. For the safety of all skiers, please do not ski against normal direction flow at any time prior to the designated training days.

**Weather:** There is a [web cam and weather station](#) at Otway, sponsored by Stride & Glide Sports, that records temperature and weather information.

**Cancellation/ Refund Policy:** The event may be cancelled if temperature is colder than -18°C at start time. Fees will not be refunded.

**Concession:** Lunch of Chili or Soup and a Bun is included in your registration fee. A concession will also be available selling chili, soup, baked goods and hot beverages.

**Accommodation:** Visit Tourism Prince George for information on local services and amenities.

Phone: 250-562-3700  
toll free: 1-800-668-7646

email: [tourism@initiativespg.com](mailto:tourism@initiativespg.com)  
website: [www.tourismpg.com](http://www.tourismpg.com)

