

Midget Championships



Teck

PRELIMINARY RACE NOTICE 2015 TECK BC Midget Championships

DATE - FEBRUARY 7 & 8, 2015

RACE LOCATION – Mount Washington Ski Resort, Courtenay, BC

HOST CLUB – Strathcona Nordic Ski Club



The Strathcona Nordic Ski Club is pleased and excited to be hosting the Teck BC Midget Championships for the very first time. We welcome all the racers, coaches and families to our beautiful "Island in the Pacific" for a fantastic weekend of racing. The objectives of this event are to:

- bring young skiers together for a memorable and enjoyable weekend of ski competition and fun
- meet the needs of a wide range of skill levels and cross country ski experience
- encourage achievement through team effort
- encourage good ski technique and
- have a wonderful winter experience on Beautiful Vancouver Island

*This is a **Preliminary Race Notice Only** and will include a general itinerary, information regarding travel to the island, accommodation and food & beverage services for the event.*

PRELIMINARY ITINERARY - Race & Event schedule to be confirmed on or before Jan. 1, 2015

- Friday - Athletes, coaches, assistants arrive at Mt. Washington, Nordic Area
12pm onwards - Course inspection and pre-ski
- Saturday - Classic Interval & Relay Races
6pm - Awards Banquet
- Sunday - Sprints, Free Technique
Midgets' Beach Bonfire (location and time to be announced in Final Race Notice)

FOOD & BEVERAGE SERVICES

With the exception of the Saturday Athlete Lunch and the Saturday Evening Banquet, teams/families are responsible for their own meals. Please note that if renting at Mt. Washington, most accommodations will have full kitchens and guests can make home-cooked meals within their suites.

Main Alpine Lodge

Ted's - serves breakfast (weekends), lunch and dinner

Alpine Cafeteria - serves breakfast and lunch

Fresh Coffee Bar – serves a variety of hot drinks, assorted baked goods and light lunches

Raven Lodge

Serves breakfast and lunch

Snowshoe Fondue - available Friday and Saturday nights only

Courtenay

There are a number of great restaurants in town. Please check your hotel or the links included in this document.

SATURDAY ATHLETE LUNCH

Athlete lunches are included in event registration. Each athlete will receive a ticket in their "Racer Schwag Bag" (details to be confirmed in the Final Race Notice).

SATURDAY EVENING AWARDS BANQUET & DINNER

The Evening Awards Banquet & Dinner will take place in the Alpine Lodge at Mount Washington (Whiskey Jack Room). It is a short walk from Deer and Bear Lodge, about a 20-30 minute walk from Raven Lodge and about a 10-15 minute walk from anywhere else in the village. Parking will be available in the main parking lot for those who wish to drive.

Date: Saturday, Feb. 7, 2015

Time: 6-9pm. Doors open at 6pm

Dinner served – buffet style: 6:30pm

Awards & Presentations – 7:30

Note: Athletes' meals will be included in their registration. Parents and additional guests are \$20/adult, \$12/child. Tickets can be purchased online at time of registration. A limited number of extra tickets will be sold at the door (approx. 30-40).

A Cash Bar will be available with a selection of wine, beer and cider.

Any dietary restrictions or considerations need to be provided to **Leanne Webster** at

kleannewebster@gmail.com on or before **Jan. 15, 2015**. Mount Washington is *Gluten Friendly*, but not *Gluten Free*.

SHUTTLE SERVICES

For those wishing to stay in the valley, Mount Washington does provide shuttle service up and down the mountain. There are several pick up points in town as well as the base parking lot of Mount Washington. Guests can park and catch the bus up rather than driving. If staying in the valley and utilizing this service, it is recommended that you remain on the hill Saturday after the races and take the bus down after the banquet (approx. 9:30pm). Showers and sauna are available at Raven Lodge if needed. Rates for travel up and down the mountain will be confirmed in the Final Race Notice. **Please see attached Bus Schedule for pick up locations and travel time.**

“THE EXTRAS” AT MOUNT WASHINGTON - www.mountwashington.ca

There are a number of great activities offered at Mt. Washington. On Monday, February 9th, Mount Washington will be offering all families a discounted rate for their alpine passes as part of the Family Day/Weekend festivities. General rates and information for Family Day/Weekend activities on the mountain will be available on the Mount Washington website when the season begins. Specials for Midget families are listed below. Any special code required for these Midget rates will be confirmed in the Final Race Notice.

NIGHT SKIING – special rates for Midget Families

	Lift Passes	Ski or Board Rental package
Adult (19-64)	\$19.00 reg. 33.00	\$13.25
Youth (13-18)	\$15.25 reg. 26.50	\$13.25
Child (6-12)	\$9.75 reg. 17.25	\$7.00
Senior (65+)	\$15.25 reg. 26.50	\$13.25

ALPINE SKIING – All families will receive a 50% discount on Monday, Feb. 9th as part of Family Day celebrations.

TUBE PARK – this is a fun, family-oriented tube park located just outside of the main alpine lodge. The park is serviced by a magic carpet, so no hiking back up. Midget Athletes will receive a rate of \$10/pp plus tax (regular price \$19).

TED’S - entertainment is available in the pub for those adults who might like to partake on Saturday evening after the banquet. Children are only allowed in the pub until 8pm. So on Friday or Sunday, please feel free to check it out.

SNOWSHOE FONDUE – at Raven Lodge on Friday and Saturday evenings. Details and pricing will be available on the Mount Washington website when the season begins. No discounts available.

For more information on Mount Washington and its services, please visit www.mountwashington.ca

LINKS TO THE COMOX VALLEY

www.discovercomoxvalley.com

www.discovermountwashington.com

www.mountwashington.ca

www.tourismvi.ca

TRAVEL

Ferry

When traveling from the mainland to Vancouver Island, it is recommended to take the Horseshoe Bay/Nanaimo ferry. Please check schedules and rates at www.bcferries.com. Travel time on the ferry is approx. 1 hour and 40 minutes. Given the event is taking place on the Family Day long weekend, **we strongly recommend** making reservations in advance. Please check website regarding reservation policies. Travel time from Nanaimo to Mount Washington is approximately 1.5 hours depending on weather and road conditions.

Teams may be able to seek funding to offset ferry costs at www.viasport.ca.

Directions from Ferry to Mount Washington

- Head toward Brechin Rd
- Turn right onto Brechin Rd.
- Turn right onto Island Hwy N (HWY-19A)
- Continue on Inland Island Hwy North (HWY-19 N) until you reach Strathcona Parkway (approx. 1 hour from the ferry terminal).
- Turn left on Strathcona Parkway and follow to the top (approx. 30 minutes).

ACCOMMODATION

A list of accommodation options are provided below. **Please be sure to book early as it is Family Day Weekend and accommodation will fill up quickly.** If traveling as a team or large group, consider booking a cabin on Fosters Place as it may be more cost effective. If you have made arrangements with private owners, please be sure to follow their **individual instructions** including parking, key arrangements, cancellation policies, etc. as every owner will have a different policy.

Things to consider when booking accommodation at Mount Washington...

Keys - Please be sure to check how and when you get your keys. If staying at Deer or Bear Lodge, they have an on-site check-in area (double check hours). Most other accommodations do not, so you may be required to stop and get keys somewhere en route, or keys may be mailed to you. Some owners have keys on site or locks with codes. Be sure to clarify.

Parking - Please be sure to check parking for your accommodation. Some condo complexes have underground parking, but not all. We can get a lot of snow in February, so it is important to know where you can park overnight as guests are NOT permitted to park on the sides of roadways, in the day lots, in the village or at condo complexes that you are not a guest at. If staying in the village, guests will be required to carry in all gear and park in the assigned lots. Vehicles without parking passes will be towed. Condos may not require parking passes. Snowcat service is available to carry in gear for a fee. Please check with the owner when booking in the Village. Condos and cabins not in the main village (Fosters) are drive-in/out and many are ski-in/out to the Nordic area.

Chains and snow tires. Be sure to carry chains regardless if you have snow tires or not. Mount Washington can get excessive amounts of snow in a short period of time and (if the lights are flashing on the road sign) drivers may be required to put their chains on even if they have snow tires.

ACCOMMODATION OPTIONS

On Mount Washington...

Slopeside Accommodations at Bear & Deer Lodge

One, two and three bedroom privately owned units in Deer or Bear Lodge. Receive a 10% discount off rates if you book on or before Sept. 30, 2014. PROMO CODE: MIDGETS

Visit: www.mountwashington.ca

Call - (250) 338-4383 Fax (250) 338-4366 Email: slopeside@mountwashington.ca

Please see attached document for style of suites and rates.

Chateaucona

Private cabin that can sleep 19-21 guests. It can be rented as one complete cabin or as 2 individual units. Cost for entire cabin is \$650 night, minimum 3 night stay. Contact owners for individual unit prices. For more information, please go to www.chateaucona.com.

Private Accommodation

Visit www.mountwashington.ca for other private accommodation listings. There is a large selection of privately owned units or cabins. Rates and policies will vary. Many are located closer to the Raven Lodge and are not far to walk to the Main Lodge. Deer and Bear are closest to Main Lodge, but farther from the event location at Raven.

In Courtenay...

We have secured rates for these hotels. Note, staying in Courtenay means you are 30-40 minutes from the hill. All functions will be taking place up at the mountain, so it may be more cost effective and less tiring to stay on the hill and avoid all the driving, especially if the weather is bad.

BC Ferries Vacation Package Quotes **2015 TECK BC Midget Championships**

Holiday Inn Express and Suites Comox Valley, 2200 Cliffe Ave., Courtenay, BC V9N 2L4

Roundtrip on board BC Ferries for 1 vehicle, 2 adults, 2 children (5-11 years) and 2 nights accommodation at the Holiday Inn Express and Suites Comox Valley in a Deluxe room: **\$453.28 (inclusive of taxes)**

Roundtrip on board BC Ferries for 1 vehicle, 1 adult, 3 children (5-11 years) and 2 nights accommodation at the Holiday Inn Express and Suites Comox Valley in a Deluxe room: **\$440.68 (inclusive of taxes)**

Room Category, Deluxe room with 2 queen beds, kitchenette (microwave, small fridge) complimentary wi-fi (additional room types are available – call to inquire)

Amenities - complimentary continental breakfast, newspaper, swimming pool/slide with hot tub, complimentary parking

Best Western Plus Westerly Hotel, 1590 Cliffe Ave., Courtenay, BC V9N 2K4

Roundtrip on board BC Ferries for 1 vehicle, 2 adults, 2 children and 2 nights accommodation at the Best Western Plus Westerly Hotel in a Comfort room: **\$444.88 (inclusive of taxes)**

Roundtrip on board BC Ferries for 1 vehicle, 1 adult, 3 children (5-11 years) and 2 nights accommodation at the Best Western Plus Westerly Hotel in a Comfort room: **\$432.28 (inclusive of taxes)**

Room Category, Comfort room with 2 deluxe queen beds or a king bed (additional room types are available – call to inquire)

Amenities – swimming pool, hot tub, on site restaurant, lounge and pub, fitness centre, complimentary parking, wi-fi

How to book: Customized 3 night (or more) packages are available!

Call: 1-888-223-3779 x 3. Let them know you are with the BC Midget Championships.

Email: travelservices@bcferries.com Check us out online: <https://www.bcferriesvacations.com/>

Space is limited so be sure to book early

NOTES

Sailing Reservations:

We strongly recommend that you make reservations to ensure your specific boarding. **Reservations booked 7 days or more in advance of travel cost \$15.00 each way; reservations booked less than 7 days in advance of travel cost \$18.50 each way. Reservations are non-refundable once booked.**

*Reservations must be claimed at the ticket booth 30 minutes prior to your scheduled sailing. Within 30 minutes, your reservation will no longer be valid and you will travel stand-by. We recommend arriving 45 minutes prior to sailing to ensure check-in. Ferry Schedule: <http://www.bcferries.com/schedules/mainland/>

Cancellation Policy:

CANCELLATIONS, CHANGES TO SERVICES, NO-SHOWS:

Please read over the full Terms and Conditions regarding cancellations, changes, and no-shows on our website.

http://www.bcferriesvacations.com/terms_and_conditions.html

If you wish to cancel or change an existing travel package reservation made through BC Ferries Vacations or if you do not use the Services or products provided by BC Ferries or third-party providers at the time for which they are reserved, the following apply:

(a) Cancellations:

- (i) Subject to subsection (iii), if you cancel three (3) or more full days prior to the date of the reserved Services, BC Ferries will refund the money you paid for the Services, less a \$25 processing fee per booking.
- (ii) If you cancel fewer than three (3) full days prior to the date of the reserved Services, none of the money you paid for the Services will be refunded.
- (iii) Notwithstanding the foregoing, no refund will be provided if BC Ferries' contractual obligations with a third-party supplier providing the Services do not allow BC Ferries to obtain a refund of sums paid by BC Ferries to the third-party supplier on your behalf. Additional terms and conditions may apply to group bookings.

(b) Changes:

- (i) Subject to subsection (v), if you change your reservation three (3) or more full days prior to the date of the reserved Services, BC Ferries will charge you a \$25 processing fee per booking to make the change.
- (ii) You may not make any changes to reserved Services fewer than three (3) full days prior to the date of the reserved Services;
- (iii) In the event that the number of vehicles or individuals that wish to use the Services is greater than the number reserved, BC Ferries and/or its third-party supplier will charge you for any additional vehicles and/or individuals. In addition, you acknowledge that any vehicles or individuals exceeding the number reserved are not entitled to use the reserved Services and will only be provided with Services based on availability.
- (iv) In the event that the price of the changed Services is greater than the price of the reserved Services, you will be responsible for any additional charges that occur because of the requested change.
- (v) Notwithstanding the foregoing, changes to reservations may not be possible if BC Ferries' contractual obligations with a third-party supplier providing the Services (or that supplier's policies) do not allow for changes at the time the request is made. Additional terms and conditions may apply to group bookings.

(c) No-Shows:

Subject to any permitted cancellations or changes as set out above, if you do not use the Services at the time for which they are reserved, none of the money you paid for the Services will be refunded.

Please note, the Holiday Inn Express Cancellation and Changes to Services policy varies from BC Ferries Vacations' Terms and Conditions. * Cancellation is 7 days prior to arrival.

Distances:

- *Distance between Courtenay and Mount Washington ski resort is approximately 45 minutes*
- Ferry schedule for February 2015 for Horseshoe Bay to Nanaimo Departure Bay terminal, <http://www.bcferrries.com/schedules/mainland/hbna-current.php?scheduleSelect=sch07241302.html>
- Distance from the Nanaimo Departure Bay terminal to Courtenay, (1 hour 15 minutes)
- Ferry schedule for February 2015 for Tsawwassen to Duke Point terminal, <http://www.bcferrries.com/schedules/mainland/tsdp-current.php?scheduleSelect=sch072413015.html>
- Distance from the Duke Point terminal, (1 hour 20 minutes)
- Link to local attractions, events, <http://www.discovercomoxvalley.com/>



SLOPESIDE ACCOMMODATIONS at Bear & Deer Lodge

•PO Box 3069 STN Main, Courtenay, BC V9N 5N3 •Voice (250) 338-4383 •Fax (250) 338-4366
•Email: slopeside@mountwashington.ca •Website: www.mountwashington.ca

*Midget Championships
Nordic Event Special Rates
BEAR & DEER LODGE
February 6, 7, 8, 2015*

Book on-line by *September 30, 2015 to receive*

10% off

PROMO CODE: **MIDGET**

www.mountwashington.ca (click on little suitcase on top of page)

Studio Suite

\$129.00

Standard accommodation, sleeps maximum 2 guests. One queen size bed, shower ensuite, TV/VCR or DVD, coffee maker, some have mini fridges and microwaves. Washer/dryer in hallway.

1 Bedroom Suite

\$219.00

Sleeps a maximum of 4 guests. Rates are based on 2 people, \$20 for extra people. Features full kitchen, pull-out sofa, fireplace, balcony/patio, 1 queen bed in bedroom, TV/VCR or DVD, soaker tub, washer/dryer in hallway.

2 Bedroom (sleeps 6)

\$279.00

Sleeps a maximum of 6 guests. Rates are based on 4 people, \$20 for extra people. Features full kitchen, pull-out sofa, fireplace, balcony/patio, 1 queen bed in each bedroom, TV/VCR or DVD, soaker tub, washer/dryer in hallway.

3 Bedroom (sleeps 9)

\$339.00

Sleeps a maximum of 9 guests, rates are based on 7 people, \$20 for extra person. Three bedroom suite is a combination of a Studio Suite and Two bedroom suite connected with a lock-off door.

The above rates do not include taxes (15%) and are subject to availability.



mount Washington®

ALPINE RESORT

2013-2014 Bus Transportation Schedule (Effective opening day)

Modified Nov 18

Please Note - ALL BUSES ARE AVAILABLE TO STAFF AND PUBLIC

Fares: Guests - \$10 per round trip. Staff - **PASS REQUIRED**

Travel/schedule times can be affected by adverse weather and road conditions. Base to Lot 2 approx 30 mins

GOING UP (approximate travel time up from base 30 mins)					
Hwy 19 Exit 117 >	Courtenay A & W >	Native Sons Hall >	Base >	Lot 2	Additional Service
			5:45 AM	6:15 AM	Arrive @ patrol 6:20 AM
6:20 AM	6:30 AM	6:40 AM	7:00 AM	7:30 AM	
6:20 AM	6:30 AM	6:40 AM	7:00 AM	7:30 AM	
			7:20AM	7:50 AM - Raven	
			7:20 AM	7:50 AM	
7:35 AM	7:45 AM	8:00 AM	8:20 AM	9:00 AM	Fri - Sun & Hols
			8:20 AM	8:50 AM	
			8:20 AM	8:50 AM	
8:40 AM	8:50 AM	9:00 AM	9:20 AM	9:50 AM	
			10:20 AM	10:50 AM	
			12:00PM	12:30PM	
			2:15 PM	2:45 PM	
2:25 PM	2:35 PM	2:45 PM	3:20 PM	3:50 PM	
			3:40 PM	4:10 PM	
3:20 PM	3:30 PM	3:40 PM	4:10 PM	4:35 PM	Thurs - Sun & Hols
			4:35 PM	5:05 PM	
5:50 PM	6:00 PM	6:10 PM	6:30 PM	7:00 PM	
5:50 PM	6:00 PM	6:10 PM	6:30 PM	7:00 PM	Thurs - Sun & Hols

DOWN FROM LOT 2 - Lot 1 after 5pm (all buses stop at the base)					
LOT 2 >	RAVEN/FA >	Hwy 19 Exit 117 >	Courtenay A & W >	Native Sons Hall	Additional Service
6:15 AM	* FA only 6:20 AM				
7:50 AM					
8:00 AM		8:40AM	8:50 AM	9:00 AM	
9:20 AM	9:30 AM				
9:50 AM					
11:20 AM					
* 12:30 PM, Raven shuttle					
	1:00 PM > lot 2				
1:15 PM					
1:45 PM		2:25 PM	2:35 PM	2:45 PM	
3:10 PM					
3:45 PM		4:25 PM	4:35 PM	4:45 AM	Fri - Sun & Hols
4:10 PM	* 3:15 PM, to Lot 2				
4:30 PM	* 4:10 PM > Lot 2				
4:40 PM		5:10 PM	5:20 PM	5:30 PM	
	* 4:55 PM > Lot 1				

DOWN FROM LOT 1 after 5pm (all buses stop at base parking)					
LOT 1 >	RAVEN/FA >	Hwy 19 Exit 117 >	Courtenay A & W >	Native Sons Hall	Additional Service
5:10 PM		5:50 PM	6:00 PM	6:10 PM	
5:10 PM		5:50 PM	6:00 PM	6:10PM	Thurs - Sun & Hols
5:50 PM	* 5:35 PM > Lot 1	6:30 PM	6:40 PM	6:50 PM	
7:00 PM					
* 8:15 PM last trip to Raven					
9:45 PM	* 9:35 PM > Lot 1	10:25 PM	10:35 PM	10:45 PM	
10:15 PM	10:20PM	11:00 PM	11:10 PM	11:20 PM	Thurs - Sun & Hols
11:35 PM	11:40 PM	12:20 AM	12:30 AM	12:40 AM	