

# Race Notice

## Grand Beach Classic

### Manitoba Cup Race #1

**Technique:** Classic

**Dates:** Sunday March 16<sup>th</sup> (rescheduled from Dec 22<sup>nd</sup>, 2013)

**Registration Deadline:** Thursday, March 13th at midnight on [www.Zone4.ca](http://www.Zone4.ca)

**Organizer:** Red River Nordic Ski & Biathlon Club [www.redrivernordic.ca](http://www.redrivernordic.ca)

#### Contacts

- |                         |               |  |
|-------------------------|---------------|--|
| • Chief of Competition  | Chris Roe     | <a href="mailto:croe@pembinatrails.ca">croe@pembinatrails.ca</a> |
| • Chief of Course       | Jim Kovachik  | <a href="mailto:kovachik@mymts.net">kovachik@mymts.net</a>       |
| • Competition Secretary | Ron Pelletier | <a href="mailto:rpelletier@sjsd.net">rpelletier@sjsd.net</a>     |
| • Technical Delegate    | Mark Teillet  | <a href="mailto:marcteillet@shaw.ca">marcteillet@shaw.ca</a>     |

#### Location

Grand Beach Ski Area is situated in Grand Beach Provincial Park, approximately 100 km north of Winnipeg and on the doorstep of the Lake Winnipeg, east beaches communities. The ski area is situated with exceptional elevation and scenery. It offers a challenging and expertly groomed trail system of over 30 km of skate and classic set trails for expert and novice skiers. The trails journey through steep rolling pine forest hills and are on average 5 meters wide. From spring to fall The Grand Beach Ski area is used as a prime mountain biking race and training course.

**Driving Directions** How to get to the Grand Beach Ski Area.

<https://goo.gl/maps/HHDG8>

The Grand Beach Provincial Park Ski Area is located approximately 100 km from Winnipeg with a driving time of one hour and 15 minutes, under optimal conditions. Basic directions from Winnipeg are as follows: North on Hwy 59, Take the Hwy 12 turnoff (left), Take road 38E (right) to Grand Beach Provincial Park, You will pass the waterslides (on the right) on your way to the park gate, Pass through the park gate, Continue north on the park road, Turn right at the park ski sign and make your way to the trail head.

#### Eligibility

Anyone in the Pee Wee category and older are eligible to participate. Participants not currently registered in a CCSAM affiliated ski club must pay a \$5 non-member fee.

#### Schedule of Events

<ul style="list-style-type: none"> <li>• Thursday, March 13<sup>th</sup> @ Midnight</li> <li>• Friday, March 14<sup>th</sup></li> </ul>	Registration Deadline on Zone 4 Official Race Lists posted on Zone 4
<ul style="list-style-type: none"> <li>• Saturday, March 15<sup>th</sup> 12:00 pm – 3:00 pm</li> </ul>	Official Training Day – courses will be marked for all races
<ul style="list-style-type: none"> <li>• Sunday, March 16<sup>th</sup> @11:00 am</li> </ul>	Coaches' meeting at the Grand Beach Ski Area
<ul style="list-style-type: none"> <li>• Sunday, March 16<sup>th</sup> @12:00 pm</li> </ul>	Classic Distance Races in waves

**Awards** - Podium presentations throughout the day to be finished at 2:30 pm on site in the event tent.

### Competitive Age Categories

Your competitive age category is based on how old you are **as of December 31st** in the *current competitive season*. For example, in 2013 – 2014 your age as of December 31, 2013 is your age for the entire 2013 – 2014 competitive season. Our Competition Model makes it possible for young skiers to compete in categories that are a better match for their *development age* if not their chronological age. For example, a Midget aged skier may race as a Juvenile whenever the athlete, their parents and coach together determine that to be the most appropriate competitive category. **Skiers wanting to race in a category other than their competitive age category must notify Ron Pelletier, the competition secretary by e-mail by March 13th at midnight.**

Category	Year of Birth (YOB) Female	Year of Birth (YOB) Male
Atom	2005 – 2007 (6 to 8 years old)	2005 – 2007 (6 to 8 years old)
Pee Wee	2004 (PG1); 2003 (PG2); 2002 (PG3)	2004 (PB1); 2004 (PB2); 2002 (PB3); 2001 (PB4)
Midget	2001 (MG1); 2000 (MG2)	2000 (MB1); 1999 (MB2)
Juvenile	1999 (JVG1); 1998 (JVG2)	1998 (JVB1)
Junior Girl/Boy	1997 (JG1); 1996 (JG2)	1997 (JB1); 1996 (JB2)
Junior Female/Male	1995 (JF1); 1994 (JF2)	1995 (JM1); 1994 (JM2)
Senior	1993 – 1984 (U23: 1993-1991)	1993 – 1984 (U23: 1993-1991)
Master 1	1979 – 1983	1979 – 1983
Master 2	1974 – 1978	1974 – 1978
Master 3	1969 – 1973	1969 – 1973
Master 4	1964 – 1968	1964 – 1968
Master 5	1959 – 1963	1959 – 1963
Master 6	1954 – 1958	1954 – 1958
Master 7	1949 – 1953	1949 – 1953
Master 8	1944 – 1948	1944 – 1948
Master 9	1943 and earlier	1943 and earlier

*Entry Fees	Register on Zone 4 by March 13th, 2014
All RRNSBC Wednesday Night Race Series Registrants (athletes who have pre-registered for the entire Wed. Night Race series this season), will be pre-registered for this race and will not be required to pay for this race. Go to the zone 4 registration link to check the registration confirmation list.	No fee
Juvenile, Junior, Senior, Masters	\$20
Pee Wee and Midgets	\$10
Non-member fee. For participants not currently members of a CCSAM affiliated ski club.	\$5

\*Entry fees include healthy snack foods, soup, hot/cool drinks, as well as fruit for athletes and coaches.

### Registration Deadline

Registration is to be completed only through Zone 4 at <http://www.zone4.ca>. The deadline for registration is Thursday, March 13th at midnight. **NO LATE REGISTRATIONS WILL BE ACCEPTED.**

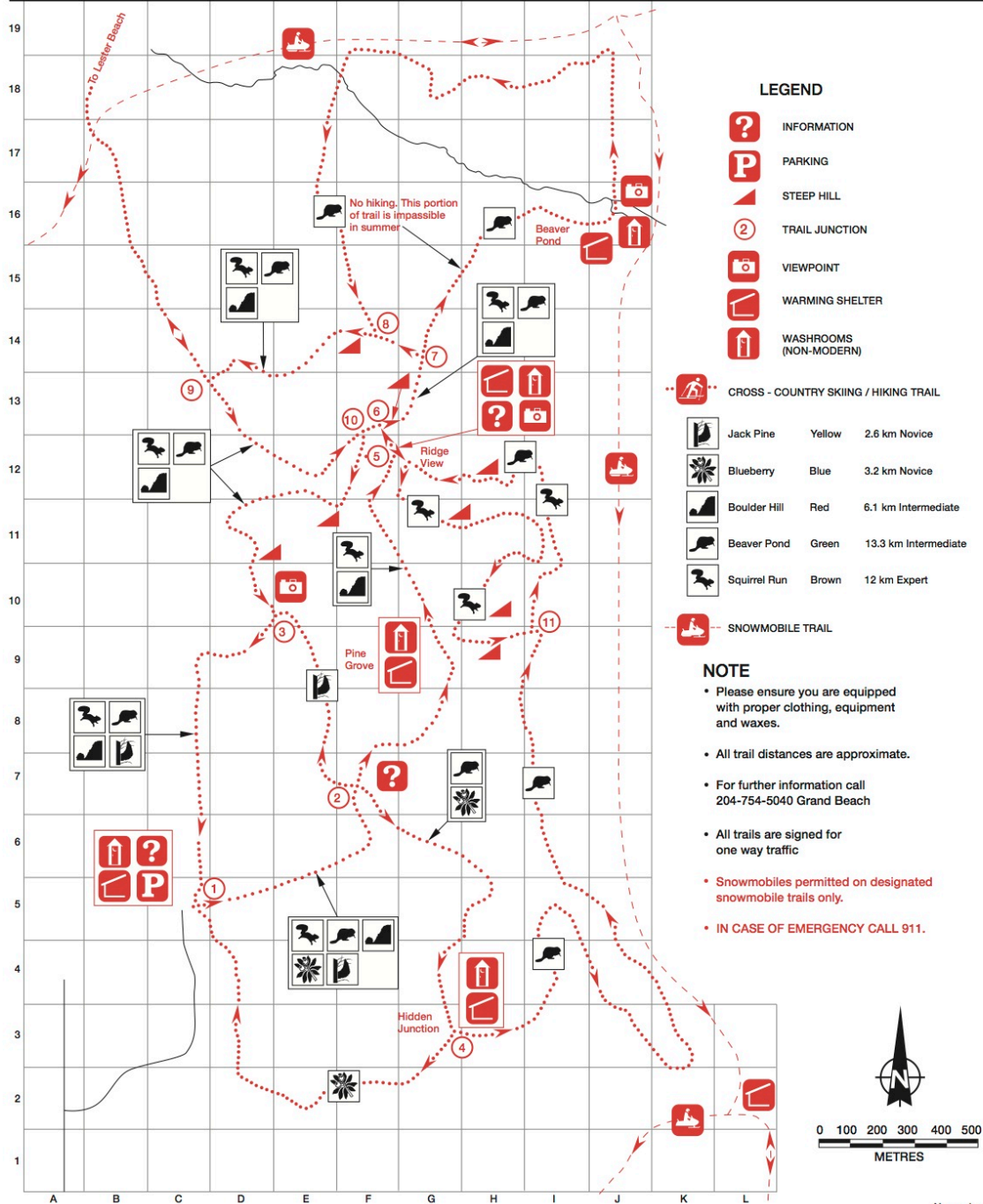
### Race Distances

Sunday March 16, 2014 Classic Distance		Mass Start Waves in 5 minute intervals @12:00 noon	
Category	Distance (km)	Mass Start Wave	Course
Junior Men	12	#1	Squirrel Run
Junior Women	12	#1	Squirrel Run
Senior Men (U23)	12	#1	Squirrel Run
Senior Women (U23)	12	#1	Squirrel Run
Masters Men	12	#1	Squirrel Run
Masters Women	12	#1	Squirrel Run
Midget Boys	6	#2	Boulder
Midget Girls	6	#2	Boulder
Juvenile Boys	6	#2	Boulder
Juvenile Girls	6	#2	Boulder
Junior Boys	6	#2	Boulder
Junior Girls	6	#2	Boulder
Pee Wee Boys	2.6	#3	Jack Pine
Pee Wee Girls	2.6	#3	Jack Pine

- Distances are subject to change due to conditions.

# Grand Beach Cross-country Ski / Hiking Trails

Grand Beach  
Provincial Park



November 2012

## Starts lists

- Start list for the Race to be posted on Zone 4 by Friday March 14th, 2014.

Trail fees for spectators are \$5 pFacilities

- There will be food and drink for athletes, coaches and officials. Bathroom facilities will be on site. A waxing tent will be on site. Change rooms will be on site.

#### First Aid

- First Aid will be available on site courtesy of the Canadian Ski Patrol.

#### Supporters

# red river nordic ski & biathlon club



**CCSAM**  
Cross Country Ski Association of Manitoba

