

2017 CROSS COUNTRY SKI PROVINCIAL CHAMPIONSHIPS



FEB. 10-12, 2017

Races for all ages and abilities from the first time racer to the seasoned competitor

@ the



INTERNATIONAL
PEACE
GARDEN

Race details can be found at www.ccsam.ca

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2017 MANITOBA CROSS COUNTRY SKI PROVINCIAL CHAMPIONSHIPS

Races for all Ages & Abilities

February 10-12, 2017

International Peace Garden
Boissevain, Manitoba

It is with great excitement that we invite you to participate in this event. This season we have been busy creating a race venue at the Peace Garden. This is an idea which has been percolating for a number of years and rose out of the need to create more race courses within Manitoba, to encourage participation in southwestern Manitoba and to explore the untapped potential of the garden as a race venue.

For years we have roller skied, cycled and even hosted dryland training camps in the garden and talked about its potential as a race site. We are thrilled it is now a reality.

The Peace Garden is ideally suited to host this event. It boasts a beautiful Interpretive Center including a conservatory with over 6,000 cacti and succulent collection, a gathering and eating site, accommodating dorms of 300 people, and scenic groomed trails over the rolling terrain of the Turtle Mountains. To explore more trails, Adam Lake trails is located 4km north of the gardens and has over 40km of groomed classic trails.

Regardless, if you are a seasoned competitor, a first time racer or enjoy skiing and never considered racing, we invite you to join us.

CONTACT INFORMATION:

General inquiries: Pauline Nadlersmith, Competition Chair,
laughingmagpie@xplornet.com 204-305-9008

Registration information: Karin McSherry, CCSAM Executive Director
info@ccsam.ca 204-791-3195

International Peace Garden: Kathy McGhan, Administrative Manager 1-888-432-6733

LOCATION: International Peace Garden: www.peacegarden.com

The Peace Garden is located 1 hour south of Brandon MB on HWY#10 and twenty minutes south of Boissevain. The park lies on the border between Canada and the US in the Turtle Mountains of North Dakota and Manitoba.

VEHICLE PASS: Purchase of a 2017 International Season Pass for \$30.00 (valid until Dec 31, 2017) per vehicle **or** a \$15.00/day Day Pass per vehicle is mandatory. Available for purchase on Zone4 registration site.

ID REQUIRED: After leaving the garden, vehicles are required to report in at the Port of Entry to the country you wish to enter. A passport is the preferred document. It expedites the process. However, if you are a USA or CDN citizen, you may use a photo ID such as your driver's license. Children escorted by their parents are asked to have a

photo copy of their birth certificate. If you have further questions, please contact the USA Port of Entry (701-263-4513) or Canadian Port of Entry (204-534-6820).

REGISTRATION: You MUST register online at Zone4:
<https://zone4.ca/register.asp?id=14712>

DEADLINE: THURSDAY FEB 9th, MIDNIGHT

Everyone must pre-register online.
We will only accept on-site registrations from Citizens & Atom skiers (who we also encourage to pre-register online)

RACE FORMAT: Saturday race is Classic technique – random draw, interval start. This means racers will start individually (maybe two at a time) at a pre-set time (start list will be posted Friday Feb 10th). Sunday race is Free technique – mass start in waves based on race times from Saturday race. If you enter only Sunday's race we will determine the best wave for you. Free technique means you may use classic technique if you wish. More information on race formats here:
<https://www.ccsam.ca/competitive-skiing/event-information/event-techniqueformats/>

MB CUP POINTS: All CCSAM Club members earn points for their club based on placing in each race and on the distance travelled to participate. More information on the Manitoba Cup Race Series here:
<https://www.ccsam.ca/competitive-skiing/event-information/manitoba-cup-race-series/>

ACCOMMODATIONS:

To create a community and camp like atmosphere, we encourage people to stay in the dorms at the International Music Camp area within the Peace Garden.

Two dorm styles are private rooms with 2 beds and semi-private two bed cubicles.

Each dorm has separate shower and bath room space to accommodate more than one person.

Cost is \$30/per bed per night.

Please bring own bedding, pillow and towels.

Compliments of the International Peace Garden, there is no charge for children 6 years of age or younger.

Photos of the dorms can be found on the music camp website:
<http://internationalmusiccamp.com/about/facilities/housing>

Individual bookings for Peace Garden accommodations are on Zone4.

Alternative accommodations:

Canadian Wilderness Inn located 20 minutes away in Boissevain
www.canadianwildernessinn.com

MEALS:

All meals in the International Peace Garden's Interpretive Center. You may pre-purchase meals in Zone4.

To help us accommodate with alternative dietary needs, please send Pauline an e-mail.

You may bring your own food; however, kitchen facilities are not provided.

Post race snacks will be provided.

Compliments of the garden there is no charge for children 6 and under.

Prices include the 5% tax.

Saturday Breakfast: \$8.40

Baked Oatmeal with toppings, fresh fruit, soft boiled eggs, juice, tea/coffee

Saturday Lunch: \$10.50

Pasta Primavera (with or without Parmesan Cheese), garden salad, garlic toast, tea/coffee

Saturday Awards BANQUET: \$21.00

Beef Wellington, brie and apple stuffed Chicken, steamed greens, wild rice pilaf, apple juice/ tea/coffee.

Banquet is unlicensed. No alcohol available for purchase. However, you may BYOB. Please drink responsibly.

Sunday Breakfast: \$8.40

Waffle Bar, baked scrambled eggs, juice, tea/coffee

Sunday Lunch: \$10.50

Pizza and salad, tea/coffee

Barista Levi Nadlersmith will on site with an espresso machine and making various coffee drinks which he will be selling to raise funds to support his racing on the National Team Development Centre Team.

Note: there will be no restaurant services on Friday evening

CONTINGENCY PLAN: A decision to postpone this event to the following weekend – Feb 18 – 19, 2017 – due to adverse weather or trail conditions will be made, if necessary, on Thursday February 9, 2017 in consultation with the organizing committee and

CCCSAM.

See **CCSAM Event Cancellation Guidelines** here:
<https://www.ccsam.ca/competitive-skiing/event-information/event-cancellation-policy-2/>

WEATHER:

For current conditions visit:
http://weather.gc.ca/city/pages/mb-66_metric_e.html

REFUND POLICY:

Race fees are not refundable in the event of postponement. Race fees will be refunded, minus an administration fee, if the race is cancelled outright. A refund of registration fees will only be provided for medical reasons prior to the registration deadline of Feb 9, 2017. Pre-paid meal and accommodations fees may be refunded, at the discretion of the organizing committee, on a case by case basis.

WAXING:

The Peace Garden has graciously given use of a heated shop for waxing and bathroom purposes. Other bathrooms are located in the Interpretive Center and Staff Breakroom in the north parking lot. Upon arrival, please check in at the Interpretive Center. The heated shop is the first right entering the garden with a second right to the shop. Please come self-sufficient for waxing – BYO wax form/table, extension cord etc.

There will be a test track and warm up track.

WAXING PROTOCOL:

CCSAM respectfully requests ALL athletes, coaches, wax technicians and parents to abide by a self-governed protocol while waxing skis for all CCSAM-sanctioned events.

This protocol applies to ALL local, regional and provincial events taking place in Manitoba (e.g. club races including Wed Night Series, Manitoba Cup races, Manitoba Provincial Championships and the MB Winter Games).

This protocol is applicable to JUNIOR WOMAN/MAN & YOUNGER race categories in the 2016-2017 competition season and will apply to ALL age/race categories beginning with the 2017-2018 competition season and thereafter.

This protocol also applies to ALL athletes traveling to Manitoba from out-of-province or out-of-country.

Low-Fluoro glide waxing protocol:

- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
- Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted
- Structure tools ARE permitted

The adherence to this protocol is self-governed and is the responsibility of the athletes, coaches, parents and wax technicians.

AWARDS:

Provincial medal ceremony will take place during Banquet on Saturday.

Sunday medal ceremony will take place in Interpretive Centre immediately after the race on Sunday.

Atoms will receive chocolate bar prizes at the finish line each day.

Provincial medals are awarded to CCSAM Club members in Pee Wee through Master age categories for each race day. Citizens, Atoms & non CCSAM members are not eligible for medals.

All participants are eligible for draw prizes, provided by our sponsors, awarded during the Banquet on Saturday.

RACE DISTANCES & FEES

Non CCSAM Club members add \$5 for each race

CATEGORY	YEAR OF BIRTH	FEES per day	SATURDAY Feb 11 Interval start Classic technique	SUNDAY Feb 12 Mass Wave starts Free technique	START TIMES
Atom	2008-2010	\$5	1 km	1 km	Sat 11:00 Sun 10:30
Pee Wee	2007 (PW1) 2006 (PW2) 2005 (PW3)	\$10	2.5 km	5 km	Sat 11:15 Sun 10:45
Midget	2004 (M1) 2003 (M2)	\$15	5 km	5 km	Sat 11:45 Sun 11:15
Juvenile	2002 (JV1) 2001 (JV2)	\$20	5 km	10 km	Sat 11:45 Sun 11:15

Junior Girl	2000 (JG1) 1999 (JG2)	\$25	10 km	10 km	Sat 11:45 Sun 11:15
Junior Woman	1998 (JW1) 1997 (JW2)	\$25	10 km	10 km	Sat 11:45 Sun 11:15
Junior Boy	2000 (JB1) 1999 (JB2)	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Junior Man	1998 (JM1) 1997 (JM2)	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Senior	1996 – 1987	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Master 1	1982 – 1986	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Master 2	1977 – 1981	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Master 3	1972 – 1976	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Master 4	1967 – 1971	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Master 5	1962 – 1966	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Master 6	1957 – 1961	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Master 7	1952 – 1956	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Master 8	1947 – 1951	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Master 9	1946 & earlier	\$25	10 km	20 km	Sat 11:45 Sun 11:15
Citizen	Anyone 13 or older	\$10	5 km	5 km	Sat 11:45 Sun 11:15

SCHEDULE: Subject to change. Please refer to CCSAM website for updates.

DATE	TIME	EVENT
Thursday February 9	23:59	Registration deadline. No on-site registrations accepted. (Atoms & Citizens may register on site however pre-registration is encouraged)
Friday February 10	18:00 – 22:00	Race office open for bib pickup Interpretive Centre
Saturday February 11	10:00 – 11:30	Bib pick up in Race office, Interpretive Centre
	10:30	Coaches meeting (for race information)

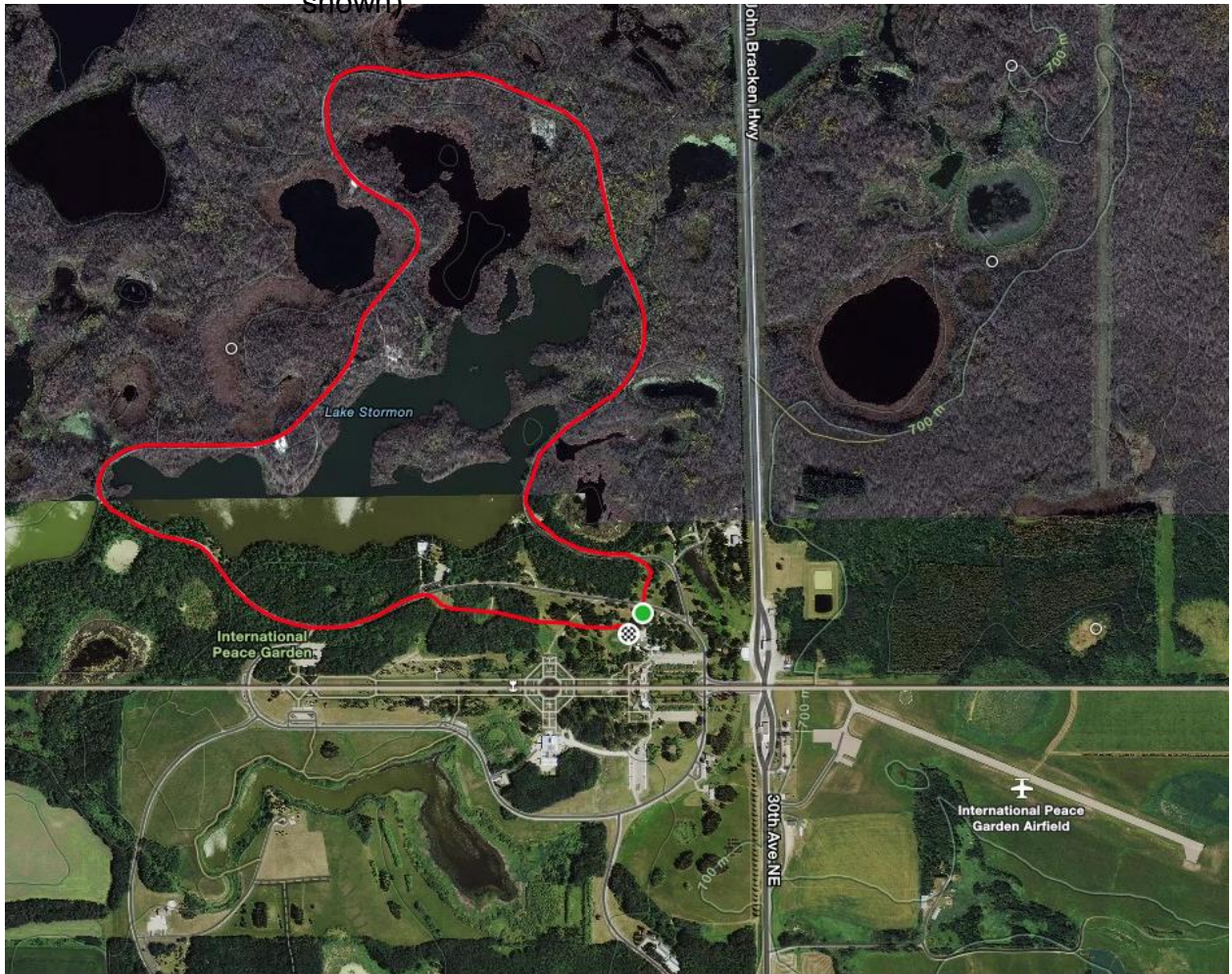
	11:00	Atoms race start
	11:15	Pee Wee race start
	11:45	Midget & older plus Citizen race start
	17:30	Banquet & Awards – Interpretive Centre
Sunday February 12	10:00	Coaches meeting (for race information)
	10:30	Atoms race start
	10:45	Pee Wee race start
	11:15	Midget & older plus Citizen race starts
	~14:00	Awards

VOLUNTEER: Many volunteers are needed. Please sign up on the Zone4 registration site. Thank you!

FIRST AID: Canadian Nordic Ski Patrol – Red River will be in attendance.

COURSE: The main race course is a 5 km loop (see map & elevation below).

Peewees and Atoms will be racing on a separate 2.5 km loop (not shown)



SPECIAL THANKS:

Phil & Vera Froese and Boundary Trails Nordic
for their help with grooming and for graciously lending us
their grooming equipment.

Alter Ego Sports Winnipeg

Atmosphere Polo Park

Boundary Co-op

Casey Guenther Designs

David & Pauline Nadlersmith

Gorp Clean Energy Bar

Karin McSherry

Mountain Equipment Co-op

Olympia Cycle & Ski

Stream N Wood

The Sawmill Café

Staff at International Peace Garden

We look forward to a great time and successful Manitoba Provincial Championships weekend. Please drive safely!