



**CCSAM**  
Cross Country Ski Association of Manitoba



## 2019 MANITOBA CROSS COUNTRY SKI PROVINCIAL

### CHAMPIONSHIPS

Races for all Ages & Abilities

**February 9-10, 2019**

Mt Evergreen Ski & Recreation Area  
Kenora, Ontario

The **Kenora Nordic and Biathlon Club** extends a warm welcome to all skiers and ski fans who will travel from near and far to celebrate the 2019 Provincial Championships in Kenora! This is an exciting year for our club and we are eager to share our ski spirit and fantastic venue with you. Best of luck to all Canada Winter Games athletes who are preparing to represent Team Manitoba at the 2019 games! May the Kenora trails offer you the challenge you need to be in top race condition as you head to Red Deer later this February!

Special thank you to our 'Partners in Crime,' the staff, volunteers and board members of Mt Evergreen ski club! Big shout out to Dylan Ricklef, Mt Evergreen General Manager and Blair McCallum, Mt Evergreen Ski Club President, for their dedication to collaboration and resource sharing to make this event a success. We could not do this without you! We are grateful for your support and shared vision required to offer an exhilarating race atmosphere with the warmth and ambience your beautiful chalet offers! To our race fans and participants, be sure to make time to warm yourself in front of the fire place or if you are looking for a bit more fun, buy a downhill or tubing pass and enjoy all that this venue has to offer. And did I mention Snow Shoeing? Your KNBC trail pass allows you access to our 5 km scenic "Forgotten Lake" snowshoe trail. Be sure to post a selfie of yourself when you arrive at Forgotten Lake. We want to see your face as you soak in the surrounding beauty.

Last but not least, thank you to the KNBC board, their families and our tireless race crew! Your dedication, passion and Nordic knowledge is recognized nationally for the high-quality events you work to support. Thank you!

Welcome to the 2019 CCSAM Provincial Championships!

### CONTACT INFORMATION:

General inquiries:

Jackie Hummelbrunner, Competition Chair  
[jackjackrabbit@shaw.ca](mailto:jackjackrabbit@shaw.ca) 807-464-0561

Registration information: Greg Richardson, KNBC  
[g.g.rich@gmail.com](mailto:g.g.rich@gmail.com)

Host Club, KNBC: [kenoranordic12@gmail.com](mailto:kenoranordic12@gmail.com)

Mt. Evergreen Chalet: 1 (807) 548-5100

**LOCATION:** Mt Evergreen Ski Area  
120 Mt Evergreen Chalet, Kenora, ON

The Kenora Nordic trail system is located in Kenora ON, approximately 200km east of Winnipeg. We have over 20 km of beautiful ski trails that offer both classic and skate skiers the chance to experience the magnificent Canadian Boreal Forest. All trails are groomed for classic skiing and almost 7 km of trails also accommodate skate skiing. The Kenora Nordic Trails are suited for all skill levels from beginner to expert.

**REGISTRATION:** You MUST register online on Zone4:  
<https://zone4.ca/register.asp?id=20389>

**DEADLINE:** THURSDAY FEB 7<sup>th</sup>, MIDNIGHT CST

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 8<sup>th</sup>).

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:**

Brewers Inn: <http://www.brewersinn.com/>

805 St Clair Street, Keewatin, ON  
1(807) 547-2739  
Standard Room (2 Queens): \$109.00  
Suite with Spa Bath: \$119.00

**Clarion Lakeside Inn:**

470 First Avenue South, Kenora ON  
1(807) 468-5521  
1 King: \$135.00  
2 Queens: \$135.00  
Deadline to Reserve: January 8, 2019  
Cots available upon request per availability.

**Nature's Inn:** <https://naturesinn.ca/>

1505 Erie Street, Keewatin, ON  
Single Queen with mini fridge and microwave: \$89 plus tax

**Billeting:**

Upon Request

**MEALS:**

**Saturday & Sunday Breakfast: \$10.00**

Baked Oatmeal with toppings, fresh fruit, soft boiled eggs, juice, tea/fresh roast Broken Paddle Coffee (Pre-order at time of registration on zone4.ca).

**Chalet Concession**

Mt Evergreen Concession will be open 10 – 4 pm daily and offers a wide variety of scrumptious and healthy options. Expect to see wraps, homemade soups, and usual Ski hill fair such as chicken strips, hamburgers, and hot dogs. Specialty teas, hot chocolate and locally roasted Broken Paddle coffee to warm your body nose to your toes!

**Saturday Awards BANQUET:**

**Mt Evergreen Chalet; \$21.00 per person**

Banquet ticket and meal must be pre-ordered at time of registration(zone4.ca). We will be offering a choice of:

- Cranberry and Apple Stuffed Pork Tenderloin
- Vegetarian Curry Bowl
- Fire Roasted Red Pepper & Goats Cheese Stuffed Chicken Breast
- Zone4 registration will also ask for dietary needs

**Accompaniments:** Roasted potatoes, dinner vegetable, raspberry spinach salad and dinner roll. Desserts.

Cash bar available. Please drink responsibly.

**CONTINGENCY PLAN:** A decision to postpone this event to the following weekend – Feb 16 – 17, 2019 due to adverse weather or trail conditions will be made, if necessary, on Thursday February 14, 2019

in consultation with the organizing committee & CCSAM.

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

**WEATHER:**

For current conditions visit:

[https://weather.gc.ca/city/pages/on-96\\_metric\\_e.htmlG](https://weather.gc.ca/city/pages/on-96_metric_e.htmlG)

**A Weather Board will be posted and maintained by KNBC outside of the wax shed.**

**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 7, 2019. Pre-paid meal fees may be refunded, at the discretion of the organizing committee, on a case by case basis.

**WAXING:**

**OFF SITE:** Friday and Saturday Evening (Keewatin)  
**501 Ottawa Street, Keewatin**

Hosted by the Hummelbrunner's; waxing in the comfort of the family garage. For more information: Contact Jackie:  
[jackjackrabbit@shaw.ca](mailto:jackjackrabbit@shaw.ca) / (807) 464-0561

**ONSITE:** Mt Evergreen Ski Area: Friday-Sunday

**1. KNBC Wax Hut (2 built in wax forms)**

**2. Mt Evergreen Garage (Saturday and Sunday only):**

Must bring own wax forms and extension cords.

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 2018-2019 competition season and will apply to ALL age/race categories beginning with the 2018-2019 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:**

**ATTENTION coaches and ski fans:** Provincial Awards will take place outside in the stadium at the times specified in the schedule. This will be a fantastic photo op, so please encourage athletes to keep their club uniforms on and skis handy for a sharp pose! Should weather not be conducive to outdoor presentation, awards will be presented at the banquet Saturday and within the Chalet on Sunday immediately after the conclusion of racing.

Atoms will receive chocolate milk 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. See below for tentative schedule:

**Please Note:** Yellow Highlighted Distances have been updated. Feb 6, 2019.

CATEGORY	YEAR OF BIRTH	FEES per day	SATURDAY Feb 9 Interval start Classic technique	SUNDAY Feb 10 Mass Wave starts Free technique	START TIMES
Atom	2012 – 2010 (6 to 8 years old)	\$5	1 km	1 km	Sat 11:00 Sun 10:30
Pee Wee	2009 (PG1); 2008 (PG2); 2007 (PG3)	\$10	2.1 km	2.1km	Sat xx Sun xx
Midget	2006 (MG1); 2005 (MG2)	\$15	5 km	5 km	Sat xx Sun xx
Award Presentations (Atom, Pee Wee, Midget)					Sat xx Sun xx
Juvenile Boy	2004 (JV1) 2003 (JV2)	\$20	5 km	5 km	Sat xx Sun xx
Juvenile Girl	2004 (JVG1); 2003 (JVG2)	\$20	5 km	5 km	Sat xx Sun xx
Junior Girl	2002 (JG1); 2001 (JG2)	\$25	10 km	7.5 km	Sat xx Sun xx
Junior Woman	2000 (JF1); 1999 (JF2)	\$25	10 km	7.5 km	Sat xx Sun xx
Junior Boy	2002 (J1); 2001 (J2)	\$25	10 km	10 km	Sat xx Sun xx
Junior Man	2000 (JF1); 1999 (JF2)	\$25	10 km	10 km	Sat xx Sun xx
Award Presentations (Juvenile B/G, Junior B/G, Jr G/B, Jr M/W)					Sat xx Sun xx
Senior	1995 – 1989	\$25	10 km	10 km	Sat xx Sun xx
Master 1	1988 – 1984	\$25	10 km	10 km	Sat xx Sun xx
Master 2	1983 – 1979	\$25	10 km	10 km	Sat xx Sun xx
Master 3	1978 – 1974	\$25	10 km	10 km	Sat xx Sun xx
Master 4	1973 – 1969	\$25	10 km	10 km	Sat xx Sun xx
Master 5	1968 – 1964	\$25	10 km	10 km	Sat xx Sun xx

Master 6	1963 – 1959	\$25	10 km	10 km	Sat xx Sun xx
Master 7	1958 – 1954	\$25	10 km	10 km	Sat xx Sun xx
Master 8	1953 – 1949	\$25	10 km	10 km	Sat xx Sun xx
Master 9	1948 and earlier	\$25	10 km	10 km	Sat xx Sun xx
Citizen	Anyone 13 or older	\$10	5 km	5 km	Sat xx Sun xx
Award Presentations (Jr M- Citizen)					Sat xx Sun xx

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

DATE	TIME	EVENT
Thursday February 7	23:59 CST	Registration deadline. No on-site registrations accepted. (Atoms & Citizens may register on site however pre-registration is encouraged)
Friday February 8	18:00—22:00	Race office open for bib pickup Mt Evergreen Chalet Loft
<b>Saturday February 9</b>	10:00 – 11:30	Bib pick up in Race office, Mt Evergreen Chalet Loft
	10:30	Coaches meeting; Training Centre (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 – Mt Evergreen Chalet
	**	Awards following Midgets, JR Men, and Adults
<b>Sunday February 10</b>	9:30	Bib Pick Up in Race Office, Mt Evergreen Chalet Loft
	10:00	Coaches meeting; Training Centre (for race information)
	10:30	Atoms race start
	10:45	Pee Wee race start
	11:15	Midget & older plus Citizen race starts
	**	Awards following Midgets, JR Men, and Adults

## VOLUNTEER:

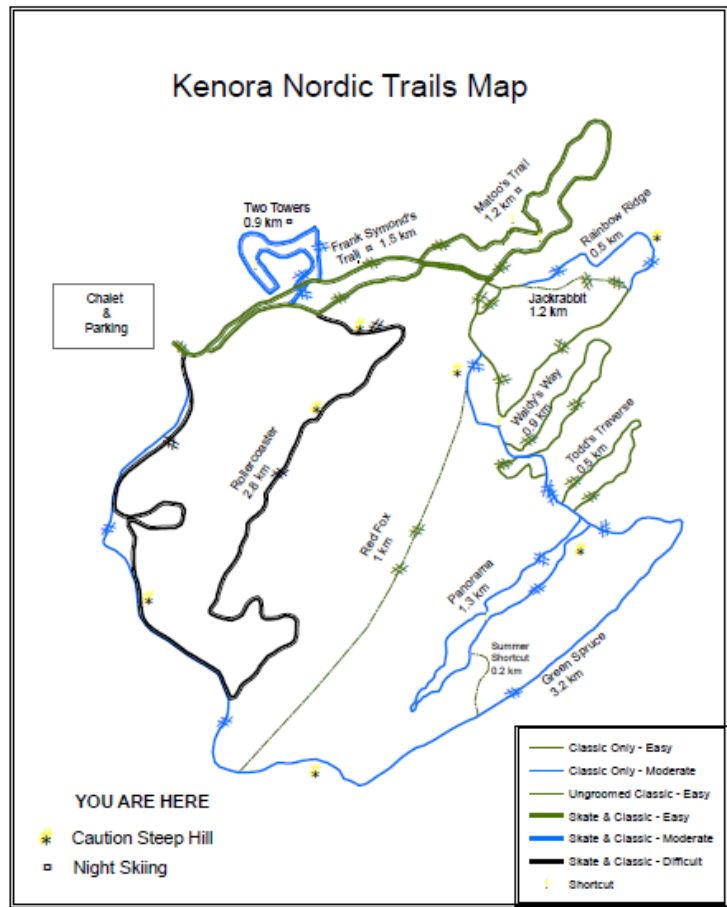
Many volunteers are needed. Please sign up on the Zone4 registration site. Thank you!

## FIRST AID:

Canadian Nordic Ski Patrol – Mt Evergreen will be in attendance.

## COURSES:

See Map (NOTE: map not updated with current distances):



## SPECIAL THANKS:

*Mt Evergreen Ski Club  
KNBC Race Volunteers  
Hardwear Company  
Fresh Air Experience, TBay  
901 Westside  
Ristorante  
Michael Szajewski*

*Clarion Hotel Kenora  
Broken Paddle Roastery  
Brewers Inn  
The Plaza  
City of Kenora  
Kenora Pharmasave  
Minaki Yurt Adventures*

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