



CCSAM
Cross Country Ski Association of Manitoba



2021-22 MANITOBA CROSS COUNTRY SKI ASSOCIATION

PROVINCIAL CHAMPIONSHIPS

Races for all Ages & Abilities

February 12 – 13, 2022

March 5 - 6, 2022

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 2021-22 Provincial Championships in Kenora! The pandemic has been challenging for all of us, especially our youth. Although COVID risks are lessening, we will be taking every precaution to offer a safe and meaningful race experience for all. We welcome those who will be working to qualify for the 2023 Canada Winter Games and go on to represent Team Manitoba! May the Kenora trails offer you the challenge and excitement you need to fuel your ambitions!

Special thank you to our 'Partners in Crime,' the staff, volunteers and board members of Mt Evergreen ski club! Big shout out to Pam Mullens, Mt Evergreen General Manager and Tamara Howard, Mt Evergreen Ski Club President, for their partnership in supporting this event. 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 by the fire pits in the outdoor "Fireside Lounge" 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 to our KNBC Facebook Page when you arrive at Forgotten Lake. We want to see your face as you soak in the surrounding beauty.

Thank you to Red River Nordic members Ron Pelletier & Kenton Frith for your race timing support! Last but not least, thank you to the KNBC board, their families and our tireless race crew led by long time contributors Todd Burkart & Ursula Larsson! Your dedication, passion and Nordic knowledge is recognized far and wide! Thank you!

Welcome to the 2021-22 CCSAM Provincial Championships! Enjoy!

COVID Policy: This race is subject to enforcement of all local and CCSAM COVID guidelines. All volunteers, athletes and club participants are required to provide Proof of Vaccination to attend. **Athletes will be required to upload proof of vaccination upon Zone4 registration and a Vaccination check-in booth will be in place for arriving guests.**

Masking and social distancing enforced in all areas of venue.
Those actively racing are not subject to masking requirements.

Coaches Meeting: 10:00 AM both* mornings in stadium/heated tent
(*Need for Sunday meeting TBA)

Bib Pickup: Bibs will be provided to Club Leaders/Master Level Skiers upon arrival on race day at the Check-In Booth.

Race Start: 11:00 AM Saturday / 11:00 AM Sunday

Competition Technique: Saturday: Classic, Interval Start
Sunday: Free, Interval Start

Race Organizing Committee: Chief of Competition: Ursula Larsson
Chief of Course/Stadium: Todd Burkart
Chief of Timing: Ron Pelletier /Jackie Hummelbrunner
Chief of Results: Ron Pelletier/Jackie Hummelbrunner
Race Secretary: Mary-Anne Church
Chief of Venue: Tamara Howard

CONTACT INFORMATION: General inquiries: Jackie Hummelbrunner,
jackjackrabbit@shaw.ca
Registration information: Mary-Anne Church, KNBC
maryannechurch@gmail.com

Host Club, KNBC: kenoranordic12@gmail.com

Venue, 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 7 km of trails also accommodate skate skiing. The Kenora Nordic Trails are suited for all skill levels from beginner to expert.

REGISTRATION: All Registration to be completed online at: <https://zone4.ca/>

DEADLINE: **WEDNESDAY MAR 2nd, MIDNIGHT CST**

Everyone must pre-register online.
We will only accept on-site registrations from Citizens & U8 skiers (who we also encouraged to pre-register online)

RACE FORMAT: Saturday race is Classic technique – random draw, interval start. This means racers will start individually (possible option for two at a time) at a pre-set time (start list will be posted Friday Feb 11th).

Sunday race is Free technique – interval start based on race times from the Saturday race. If you enter only Sunday's race your seeding will be determined based on past race times. 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/>

INTERVAL CLASSIC: As per the FIS rule 343.8.1 poles must be no more than 83% of the racer's height in ski boots. This measurement is from the pole strap insertion to the tip of the pole. Poles may be measured **prior to the race start**. Racers are reminded to give additional time for this to occur.

COURSE MAPS: Available and posted at race site and at end of this notice. Course closes 8 pm Friday night for final prep.

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:

Nature's Inn: (807) 547-2888
Unreserved rooms released Tuesday March 1, 2022
1505 Erie Street, Keewatin, ON

Super 8: (807) 788-0997
240 Lakeview Dr, Kenora, ON
Unreserved rooms will be released Tuesday March 1, 2022

MEALS:

Due to COVID restrictions, indoor dining will be limited and subject to change pending Public Health regulations. Take out concession is available with an outdoor dining area provided. Proof of vaccination required for entry and masking and distance is enforced. Athletes are encouraged to bring pre-post race nourishment to avoid disappointment due to wait times.

Chalet Concession: Take Out

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.

Unfortunately current restrictions prevent offering a Banquet at this time. Local restaurants have been notified of the Championships are ready to take your orders. Indoor dining is limited.

Restaurants near Nature's Inn:

- 901 Westside: (807) 547-2901
- Timber Gardens (Take out only: (807) 547-2739).

Restaurants near Super8:

- Boathouse (807) 468-6565
- Casey's Restaurant: (807) 468-4106
- Dino's: (807) 468-3103
- Lake of the Woods Brewery: +1 833-321-2337
- Ristorante Pizzeria Italia: (807) 468-4560
- The Plaza: (807) 468-8173

Restaurants close to Mt Evergreen:

- The Log Cabin: (807) 548-8778

CONTINGENCY PLAN: This race has been postponed from February. No further postponement plan is in place.

CCSAM Event Cancellation Guidelines found here:

<https://www.ccsam.ca/competitive-skiing/event-information/event-cancellation-policy-2/>

WEATHER:

Race Time Temp cut off is -15 C for all athletes under 10 years. Race temp for all other categories is -20 C.

For current conditions visit:

<https://www.theweathernetwork.com/ca/weather/ontario/kenora>

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 9, 2022.

WAXING: Mt Evergreen Ski Area: Friday-Sunday

- 1. KNBC Wax Hut (2 built in wax forms): Capacity limited to 1 family or “COVID” bubble at a time.**
- 2. Mt Evergreen Garage (Saturday and Sunday only):** Please come self-sufficient for waxing – BYO wax form/table, extension cord etc. There will be a test track and warm up track. COVID guidelines enforced in this space.

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 is an outright ban on fluorinated waxes. In November 2019, the FIS Council decided to ban the use of fluorinated waxes because it has been shown they have a negative impact on the health of people working with the wax and on the environment.

This protocol applies to ALL local, regional and provincial events taking place in Manitoba (and in all Nordiq Canada &/or FIS sanctioned competitions when applicable).

This protocol is applicable to ALL age and race categories:
<https://www.ccsam.ca/wp-content/uploads/2021/12/Waxing-Protocol-2021-UPDATE-DEC2021.pdf>

CHANGE FACILITY: Limited indoor capacity for changing will be available due to COVID protocols. Racers are encouraged to arrive to the race site in race clothing. Racers will not be able to leave equipment or clothing in the chalet. Use of vehicles for warming and changing as needed. A warming tent is available near the start in the stadium. Capacity limits apply.

AWARDS: **Bring your tablets and devices!** Join us at 7 pm on Saturday evening for a Day 1 awards presentation. All medals will be mailed to Club representatives following the race weekend. Zoom link will be provided with registration confirmation. To enhance the experience for all, connect early, use your mute button wisely, use the chat function to

add to the evening and reach out by text if you have any difficulty or questions: (807) 464-0561. **NOTE:** Banquet organization was not possible due to COVID restrictions.

RACE DISTANCES & FEES

IMPORTANT NOTE: Athletes wishing to be considered for 2023 Canada Winter Games selection must register as a U20 athlete in both days' races.

Competitive Age Categories: <https://www.ccsam.ca/competitive-skiing/event-information/race-categories/>

Non CCSAM Club members add \$5 for each race. See below for fees and distances:

CATEGORY	YEAR OF BIRTH	FEES per day	SATURDAY Feb 12 Interval start Classic technique	SUNDAY Feb 13 Interval Start Free technique
U8 G/B	2015-2014	Free	0.4 km	N/A
U10 G/B	2013-2-15	\$5	1 km	1 km
U12 G/B	2010-2012	\$10	2.1 km	2.1km
U14 G/B	2008-2009	\$15	5 km	5 km
U16 G/B	2006-2007	\$20	5 km	5 km
U18 G/B	2004-2005	\$20	10 km	10 km
U20 W/M* CWG Trial	2002-2003	\$25	10 km	10 km
Senior	1992 - 2001	\$25	10 km	10 km
Master 1	1987-1991	\$25	10 km	10 km
Master 2	1982-1986	\$25	10 km	10 km
Master 3	1977 – 1981	\$25	10 km	10 km
Master 4	1972 – 1976	\$25	10 km	10 km
Master 2	1983 – 1979	\$25	10 km	10 km

Master 3	1978 – 1974	\$25	10 km	10 km
Master 4	1973 – 1969	\$25	10 km	10 km
Master 5	1967 – 1971	\$25	10 km	10 km
Master 6	1962 – 1966	\$25	10 km	10 km
Master 7	1957 – 1961	\$25	10 km	10 km
Master 8	1952 – 1956	\$25	10 km	10 km
Master 9	1901 - 1951	\$25	10 km	10 km
Citizen	13+ yrs	\$10	5 km	5 km

VOLUNTEER:

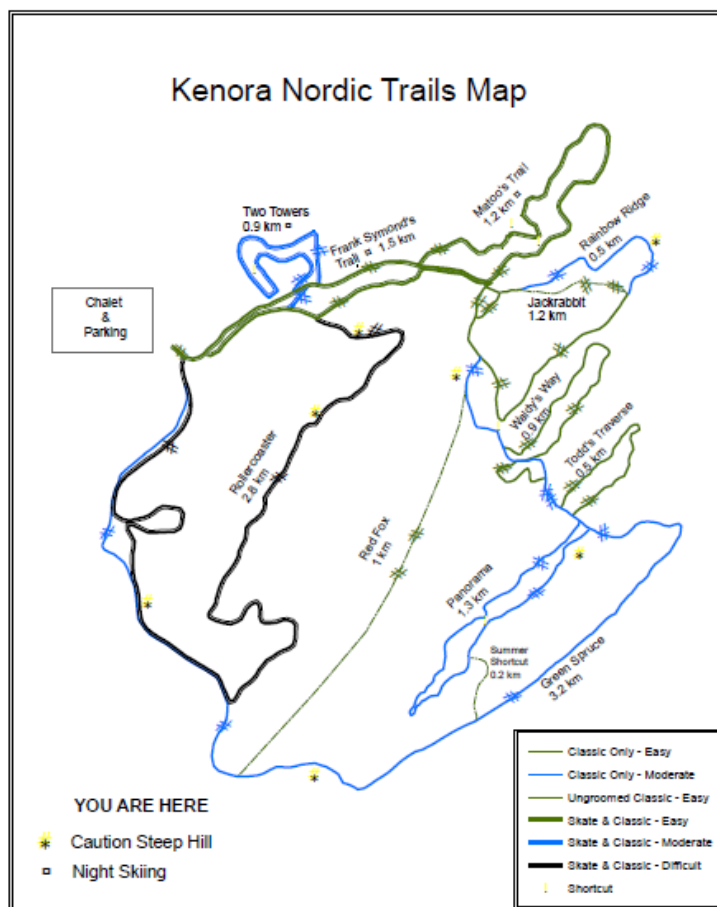
Many volunteers are needed. Please contact jackjackrabbit@shaw.ca if you are able to volunteer! Thank you!

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 & Mt Evergreen Ski Patrol, Local Sponsors