



RACE NOTICE

Nordic/Biathlon Combined weekend January 31 & February 1, 2026

Free Nordic skiing for racers under the lights until 8:00pm Friday

Course closed for grooming 8:01 Friday January 30, 2026

Registration closes January 25, 2026 at 2200

Link to race registration: <https://zone4.ca/event/2026/p1eqn3/>

Skathlon (first loop classic second loop free technique) Nordic race, Saturday

Welcome to KNBC's Nordic site at Mount Evergreen Ski Area off Airport Road in Kenora. Waxing available in our small wax hut, best to come pre-waxed. Limited changing facilities in washrooms. Post race food for sale, available from Mount Evergreen Kitchen on main level of Chalet.

New this year we plan to have colored directional arrows out on the course to show you the way at junctions. The arrows allow us to make necessary changes based on grooming and snow conditions.

We are doing manual timing with printable stop watches. We will be able to present 1,2,3 per category within minutes of the last race however full results will be emailed to coaches and posted on CCSAM within three days. The second and subsequent races will start as close to the published start time as possible as soon as the previous race is completed.

Temperature will be posted in the stadium. Temperature cut off for <12 years -15C. Racers 12 and older temperature cut off -20C. We will delay start for up to two hours to meet temps if forecast favorable.

Schedule for the day:

1000 Coaches meeting in the basement Nordic Training room.

1000-1030 Bib handout in the loft

1000-1045 course open for warm-up

1045 KNBC Jackrabbits time trial

1100 U12 2.5km Frank Symonds to Matoo's return

1120 U14 4km Jackrabbit clockwise

1150 U16 8km Matoo's, Jackrabbit clockwise

1230 Open and Masters 10km Two towers, Matoo's, Jackrabbit clockwise

There is an option to do this as a relay with the first skier doing the classic leg, the skate skier waiting in the transition area putting skis on AFTER your partner takes off their skis. The relay for each age group will occur at the SAME time but results separated out and not eligible for CCSAM race points. Consider this the "citizens" category

Transition area to be determined pending snow accumulation in January.

Bunnies free but must pre-register with coach August

Relay \$15/person

All other racers \$30 entry

Note if you are racing as an individual in the Skiathlon both days \$25 per race. If you are on a relay team and doing biathlon \$5 off Biathlon.

Biathlon race Sunday, February 1 at our Lake of the Woods Club Range

Welcome to our Nine Lane Biathlon Range. Electronic Kurvinen targets. Chip timing and electronic results. The range is located on Highway 596 a few kilometers north of Highway 17bypass.

There is a heated clubhouse and an athlete building near the range with a woodstove. Outdoor toilets and no running water so come prepared.

Modified Pursuit race format. Pursuit start order based on results from January 11 race/category. If you were not at January 11 race you will be starting at the back of your group. Racers will start 10 seconds apart.

Race fees \$30 per entry, \$25 if racing both days PLUS rifle and ammunition fee if not using your own.

All athletes who have expressed an interest in being selected to next years **Canada Winter Games Team** should enter in the Youth category and carry rifles.

Youth participants may register in Development or U17 **IF** they are involved in a 0.22 coached program. All youth U11 racers not in a coached 0.22 program register for the Ecoaims category.

Are you an adult interested in Biathlon with no rifle experience wanting a longer ski? ECOaims with a challenging 5x1km course awaits you.

You **MUST** be registered with **Biathlon Canada** to participate in this event.

Limited parking near the range reserved for racers. Spectators and volunteers will park at the clubhouse and walk on the road to the range.

Schedule for the day:

1030 Bibs in Clubhouse (first parking lot)

1030 Coaches meeting on the range

1100-1145 Zero

1200 Race start. Individual start, 10 second intervals. Start order follows the categories below.

22+ M&W

12.5km 5xBlue

PPSS

19-21 Junior M&W	12.5km	5xBlue	PPSS
15-18 Youth M	10km	5xRed	PPSS
15-18 Youth F	7.5km	5xBlack and Blue*	PPSS
U17 Standing	7.5km	5xOrange	PPSS
U17 Prone only	8km	4xRed	PPP
Adult3 M&W	12.5km	5xBlue	PPSS
Adult2 M&W	7.5km	5xBlack and Blue*	PPSS
Adult1	3km	5xBlack	PPPP
Development	2.5km	4xBlack	PPP
ECOaims any age	2km	5 x400m on rifle range Red trail	

*Back and Blue skips the section of Orange that goes past the Biathlon athlete warming shack and clubhouse. Skiers do Black and head north on new blue trail.

All races will start and finish at the START/FINISH sign. Eco aims will loop around on Red trail and back to ECOaims range without crossing through the Biathlon range. The ECOaims range is at the 100m backstop on the rifle range. The Ecoaims penalty loop will be around the 75m backstop.

Post-race snacks and awards in the heated clubhouse 30 minutes after the last racer.

Race registration will open soon on ZONE4, registration closes January 25, 2026 at 2200.

Questions? Email twehner@bell.net

