

Kananaskis Ski Marathon (a.k.a. The Cookie Race) Controller Information

At the KSM, the primary purpose of the Controllers is to ensure competitor SAFETY! The KSM covers a large area and temperatures can be very low. Skier ability and fitness levels vary widely and we want to ensure a safe and fun race for all. A Controller's basic task is to write down the order of skiers passing by their checkpoint. This way we can track who has passed which check points and can make sure that all the skiers are accounted for at the end of the day.

We try to have two Controllers at each point and in heavy traffic it is easiest if one person calls out the bib numbers and the other person writes the numbers down in order. Also, if a skier decides to drop out, you make sure to get their bib and transponder and then radio the bib number to me. That is basically all that is required!

You will be outside for many hours so you will need to wear warm clothing and possibly bring a piece of carpet or foam to stand on. If you are skiing to your position, bring warm clothes (e.g. down jacket, over boots or winter boots, heavy mitts, etc.) in a back pack. Maybe even consider a Thermos of tea, soup and snacks.

Try to car pool to Pocaterra as parking will be at a premium! There is limited parking for volunteers behind the soup tent.

Please report to me at the volunteer tent at 8:45 AM. If you cannot come or are going to be late, call me at 403-862-0503. However, there is no cellular phone coverage at Pocaterra, so please let me know of any changes by Thursday. Likewise if you have any questions or concerns, please don't hesitate to call.

Duties:

Write down the order of skiers passing by your checkpoint. In heavy traffic it is better if one person calls out the numbers and the other person writes the numbers down in order. Periodically, try to also include the time when a skier passes by.

When there's a break, transfer the information to the matrix sheets (don't worry, we'll go over this on Saturday). Refer to the start list to identify any DNSs (did not start) and report them in to Timing either directly or via me. Timing will also be communicating to us regarding DNSs and DNFs (did not finish) that they know about.

You are finished after the sweep has come through for your check point. Hand in your clip boards to me or to the timing office in the Pocaterra Hut as soon as you can after your position is finished. Identify the sheets that you have been using with your names and position.

Radio contact: use for emergencies, and to report to me on race progress. In general, it is helpful to everyone involved to have frequent progress reports as to which skiers have passed. In most cases, this information will be passed through to the announcer at Pocaterra.

If any skiers quit, make sure you get their bib and transponder, and radio the number to myself or to Pocaterra.

Checkpoints (see attached map):

#1 Pocaterra and Lynx: Allow at least 30-40 minutes to ski out to the junction. You can expect skiers around 10:15 AM.

Direct all outbound skiers down Lynx. After the outbound 15km and 24km sweeps have passed, remove the flagging across Pocaterra. Inbound 15ks will come up Lynx and turn left on to Pocaterra. Once the inbound 15km sweeps have passed, you are done!

#2a Lynx/Amos/Woolley: Allow at least 45 minutes to ski out to the junction from Pocaterra, or drive to Elkwood and have a much shorter ski up Amos (30 minutes including the drive from Pocaterra). You can expect the first skiers around 10:20.

Direct all outbound skiers from Lynx, right on to Amos/Woolley. Inbound 15km will come up Amos/Woolley and turn back onto Lynx. The first inbound 15km skiers will probably appear before the last of the 15km have passed outbound. Once the inbound 15km sweep has passed, you are finished. Hand in your boards to the timing office, making sure they are identified.

#2b Amos/Woolley: Allow at least 45 minutes to ski out to the junction from Pocaterra, or drive to Elkwood and have a much shorter ski up Amos (30 minutes including the drive from Pocaterra). You can expect the first skiers around 10:20.

Direct all outbound skiers from Amos/Woolley right on to Woolley. Inbound 15km will come up Amos, so make sure the flags are removed in time. The first inbound 15km skiers will probably appear before the last of the 15km have passed outbound. This is an area where skiers have taken wrong turns in the past, so be aware! Once the inbound 15km sweep has passed, you are finished. Hand in your boards at the timing office, making sure they are identified.

#3 Boulton: Either allow a least 1-3/4 hours to ski here from Pocaterra or drive/catch a ride to the top parking lot at Boulton. If you drive to Boulton, it is even possible to carry in a lawn chair and blanket to help keep you comfortable. Be ready for skiers by 10:45.

All inbound skiers come up the hill to the feeding station, so stand beyond the feeding station. Then the 42ks go up Whiskeyjack and the 24ks go straight to cross the road and along to Packers. They are not always thinking clearly so try and make sure the correct numbers go on the correct trail!

The inbound 42ks then reappear from Moraine, through the feeding station again and go straight, across the road and along to Packers. It is critical that NO skiers go BACK up Whiskeyjack by mistake! When there is a crowd, just get the numbers down in order, and then mark off on the master matrix sheets. This means the 42ks will be marked off twice, once at each junction. Once the sweeps/controllers from #4 and #5 have passed, you are finished. If I am there, I will take the boards, and you can catch a ride back to Pocaterra.

#4 Elk Pass/Fox Creek: If you are skiing from Pocatererra allow at least 2.5 hours to get to this junction or 40 minutes if skiing from Boulton or a bit less if skiing from the Elk Pass Parking lot. You can expect the first skiers by around 11:30 AM.

If it is cold, watch out for signs of frostbite on the skiers who have just done the long descent from Elk Pass. Be fairly visible so the skiers have warning of the right turn onto Fox Creek. Once the last skier and the Elk Pass sweep has passed then ski back to where you parked.

You will have a radio for communication with #5 and hopefully with Boulton.

#5 Fox Creek/Moraine: Either ski or catch a ride to Boulton and ski out to the junction once the first skiers have started up Whiskeyjack. Make sure you have plenty of warm clothes! Allow at least 2 hours if skiing from Pocatererra or 30 minutes if skiing from Boulton. You can expect the first skiers by around 11:40 AM.

Ski back to Boulton with #4. You will have a radio for communication with #4 and with Boulton.

Enjoy your ski and the cookies and soup when you get back to Pocatererra!!