



42nd Kananaskis Ski Marathon

February 23, 2019

Race Information Package

Dear Nordic skiers,

The Foothills Nordic Ski Club invites you to the 2019 Kananaskis Ski Marathon – the Cookie Race!

The race takes place **Saturday, February 23, 2019** in Peter Lougheed Provincial Park at one of North America's finest cross-country ski trail systems. It's a loppet, meaning a cross-country ski race open to the public that emphasizes participation and FUN. We welcome all recreational and competitive skiers. Only classic technique is allowed (no skating) and each race category has a mass start. Participants are treated to beverages, hot soup, and home-made cookies – lots of them! Please bring your own soup bowl and spoon to minimize waste.

Register at www.cookierace.com by **Feb. 20, 2019** at 21:30 MST. Early-bird pricing ends Feb. 1.

Registration is first-come, first-served, and participant numbers are limited. **Registration will NOT be available on race day.**

See you at the race!

Tom Lambert
Chief of Race



Race Categories

Birth Year	Race Options (awards for top 3)	Tour Options (no awards)
2013-2014	0.5km	-
2011-2012	1km	-
2009-2010	2km	-
2007-2008	3km	-
2005-2006	5km	-
2002-2004	15km	-
1989-2001	24km or 42km	15km or 24km
1979-1988	24km or 42km	15km or 24km
1969-1978	24km or 42km	15km or 24km
1959-1968	24km or 42km	15km or 24km
1949-1958	24km or 42km	15km or 24km
1900-1948	24km or 42km	15km or 24km

Skiers should self-seed at the start line. Faster skiers should move to the front to avoid congestion as the trail narrows. Course maps appear below.

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Registration Fees

Race Distance	On or before Feb 1, 2019	After Feb 1, 2019
0.5km, 1km, 2km, 3km, 5km	\$ 20	\$ 22
15km	\$ 40	\$ 55
24km	\$ 75	\$ 95
42km	\$ 85	\$ 105

These fees include a \$2/person fee to Cross Country Alberta and a \$1/person fee to Alberta Parks.

Schedule

* Inclement weather or unsafe conditions may necessitate schedule/route changes.

Category	Start Time	Feeding Stations	Start/Finish
42km race	10:00	9km, 13km, 23km, 32km, Pocaterra Hut	Pocaterra Hut
24km race	10:10	9km, 13km, Pocaterra Hut	
24km tour	10:15		
15km race	10:25	9km, Pocaterra Hut	
15km tour	10:25		
5km race	10:30	Pocaterra Hut	
3km race	10:35		
2km race	11:00	Pocaterra Hut	Across Highway from Pocaterra Hut
1km race	11:30		
0.5km race	11:30		

Bib pickup: 8:00-10:30 on the morning of the race at Pocaterra Hut.

Feed stations at Elkwood, Boulton, and Elk Pass provide water, Gatorade, oranges, and cookies. The soup tent at Pocaterra Hut provides all that and hot soup too. Please bring your own bowl and spoon to minimize waste!

If you choose to discontinue racing, **you MUST hand over your bib** to a race official at Boulton or the finish line before leaving the area. We will provide a shuttle service from Boulton to the finish line at Pocaterra.

Cut-Off Times

- 12:00 cut-off for skiers leaving Boulton station (13km) on the outbound leg of 24km & 42km races
- 13:30 cut-off for skiers leaving Boulton station (32km) on the finish leg of 42km race

Skiers arriving at Boulton after the cut-off times must discontinue racing and turn in their bibs. They can continue skiing without a bib or take a shuttle back to Pocaterra Hut. If we must adjust cut-off times for safety reasons, we will make every effort to notify skiers of the change.

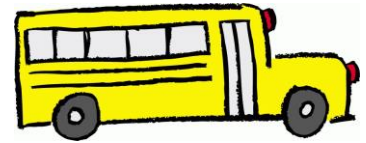
Awards

Jackrabbits get a candy prize at the finish line. We will present awards for Jackrabbits at 13:00 on the podium beside Pocaterra Hut. Awards for all other race categories start at 14:00. In each race category we present awards to the top three female and male finishers. Skiers in the 15km Tour and the 24km Tour receive admiration, but no awards.

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Free Bus
Shuttle!



Transportation and Parking

Parking is very limited – please carpool! You can request or offer a ride at: www.groupcarpool.com/t/ac6jkd
Pocaterra parking lot will be reserved for vehicles with 2 or more occupants. Overflow parking is available at the Visitor Information Center, just 1.3km down the highway, with a free bus shuttle. Please drive carefully, watch for cars parked on the highway and participants crossing the highway, and obey traffic controllers.

The Fine Print

Trail System: All ski trails are open to the public while the race is in progress. Be cautious and courteous!

Waivers: The online registration requires acceptance of a liability waiver. HOWEVER, racers under 18 years of age should also:

- download the waiver from www.cookierace.com/files/KSM_Waiver.pdf
- have it signed by the parent or guardian
- email the completed waiver to ksm@foothillsnordic.ca or bring it to the race

Cancellation Policy: In the event of very poor conditions or very inclement weather on race day, the race jury may decide to cancel the race or to modify the start time or the race course.

- If we cancel the race 3 days or more in advance, we will inform registered participants, coaches, officials, and volunteers by e-mail, social media, and on the race website, and we may refund a portion of the entry fee to reflect our costs.
- If we cancel the race less than 3 days in advance, no refund is likely.
- If the race takes place, but you choose to withdraw before or during the event, you will receive no refund.

Organizing Committee

Chief of Competition	Tom Lambert
Chief of Course	Clayton Paradis
Jackrabbit Chief	Paul Repp
Chief of Cookies/Refreshments	Rosie Hickey
Chief of Controllers	Greg Hofer
Chief of Stadium	TBD
Chief of Timing	Heather Spicer
Chief of Race Office	Ann Lohka
Race Administrator	Judy Aitken

Race Jury

Technical Delegate	Cross Country Alberta
Duty Conservation Officer	Kananaskis Country
Chief of Competition	Tom Lambert
Chief of Course	Clayton Paradis

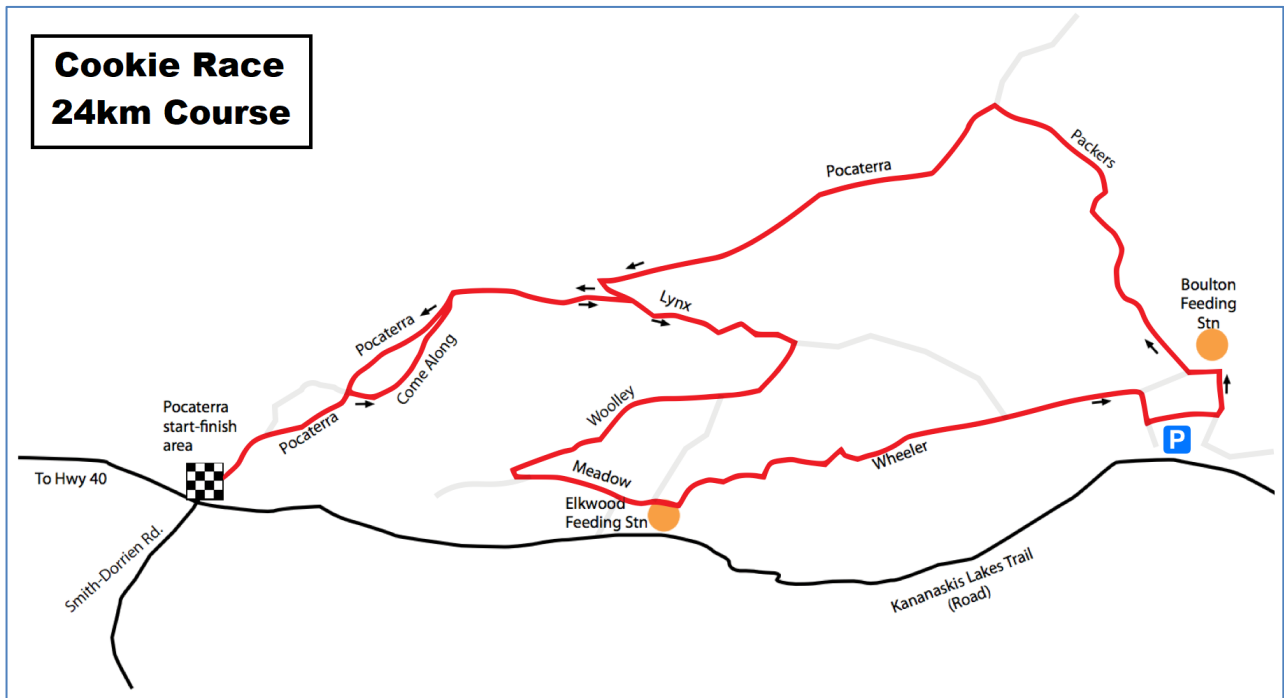
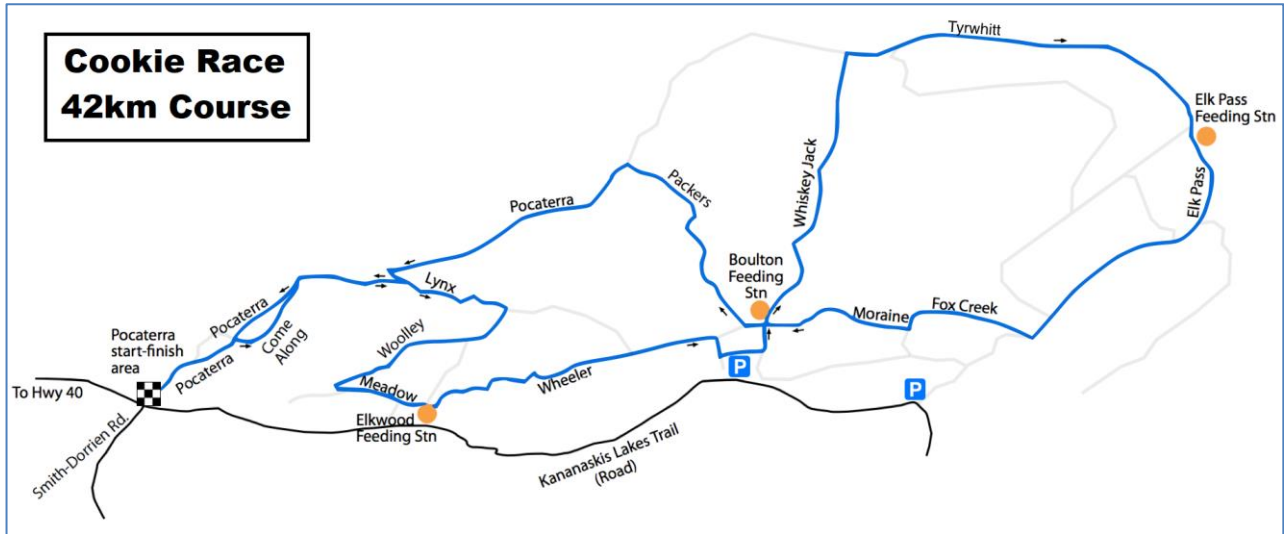
Further Information

KSM Information Line: 403-305-6325 Email: ksm@foothillsnordic.ca Tom Lambert, Chief of Race



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Course Maps





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