



February 29, 2020 Race Notice

The Foothills Nordic Ski Club invites all Nordic skiers to the 2020 Kananaskis Ski Marathon – the Cookie Race!

The race occurs **Saturday, February 29, 2020** at the Peter Lougheed Provincial Park trail system. It's a loppet, open to both recreational and competitive skiers, and emphasizing participation and fun. 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 26, 2020** at 21:30 MST. Early-bird pricing ends Feb 5.

Participant numbers are limited, and registration is first-come, first-served. We do not accept race-day registration.

See you at the race!

Tom Lambert
Chief of Race



Race Categories

Birth Year	Race Options	Tour Options
	(awards for top 3)	(no awards)
2014-2015	0.5km	-
2012-2013	1km	-
2010-2011	2km	-
2008-2009	3km	-
2006-2007	5km	-
2003-2005	15km	-
1990-2002	24km or 42km	15km or 24km
1980-1989	24km or 42km	15km or 24km
1970-1979	24km or 42km	15km or 24km
1960-1969	24km or 42km	15km or 24km
1950-1959	24km or 42km	15km or 24km
1900-1949	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.



2020 Kananaskis Ski Marathon

Registration Fees

Race Distance	On or before Feb 5, 2020	After Feb 5, 2020
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	Pocaterra Hut	Across Highway from Pocaterra Hut
2km race	11:00		
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 can provide a ride 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.

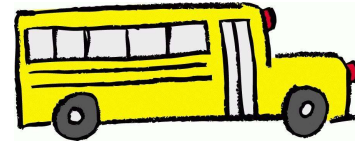
Awards

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 cheers and admiration, but no awards.



2020 Kananaskis Ski Marathon

Free Bus Shuttle!



Transportation and Parking

Parking is very limited – please carpool! Request or offer a ride at: www.groupcarpool.com/t/c95x4n
We reserve Pocaterra parking lot for vehicles with 2 or more occupants. Overflow parking is available at the Visitor Info Centre, 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 remain open to the public throughout the race. 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.cookiepace.com/files/KSM_Waiver.pdf
- have it signed by a parent or guardian
- email the completed waiver to foothills@foothillsnordic.ca or print it and 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 registrants, coaches, and volunteers by e-mail, social media, and on our website, and we may refund part of the entry fee.
- If we cancel the race less than 3 days in advance, no refund is likely.
- If the race occurs but you elect to withdraw before or during the race, you will receive no refund.

Organizing Committee

Chief of Competition	Tom Lambert
Chief of Course	David Pugh
Jackrabbit Chief	Paul Repp
Chief of Cookies/Refreshments	Rosie Hickey
Chief of Controllers	Steve Layden
Chief of Stadium	Scott Taylor
Chief of Timing	Heather Spicer
Chief of Race Office	Ann Lohka
Race Administration	Cynthia Mate

Race Jury

Duty Conservation Officer	Kananaskis Country
Chief of Competition	Tom Lambert
Chief of Course	David Pugh

Further Information

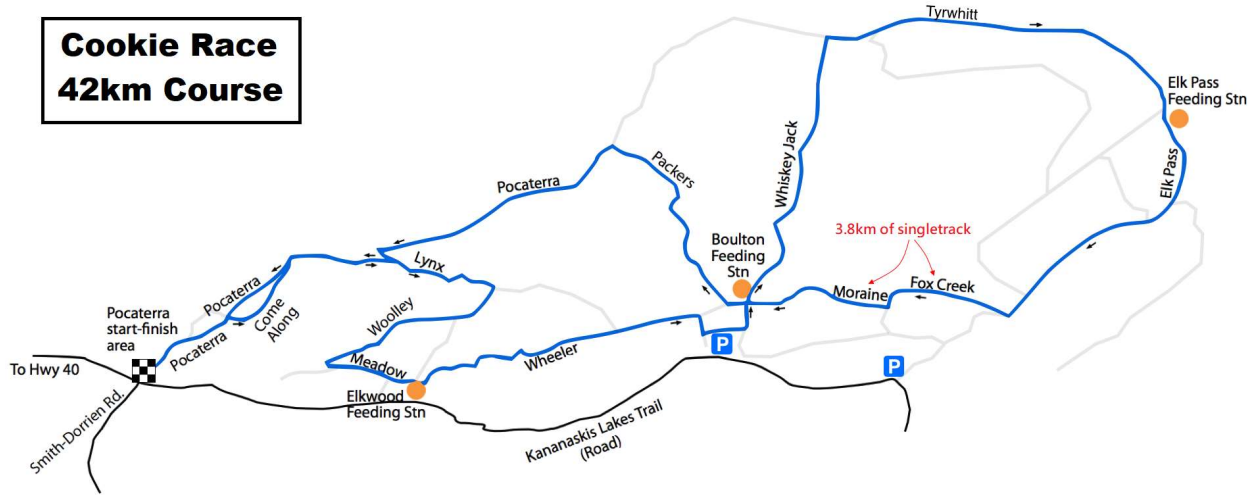
KSM Info Line: 403-880-1503 Email: foothills@foothillsnordic.ca **Tom Lambert**, Chief of Race



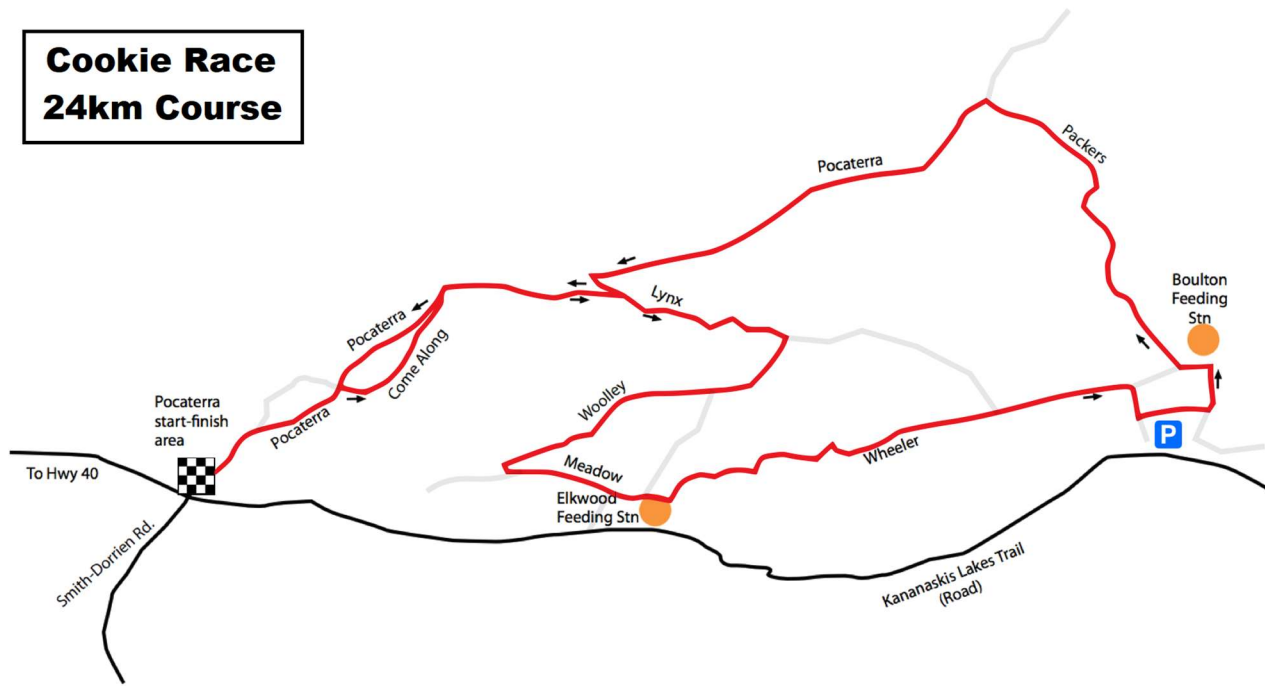
2020 Kananaskis Ski Marathon

Course Maps

Cookie Race 42km Course



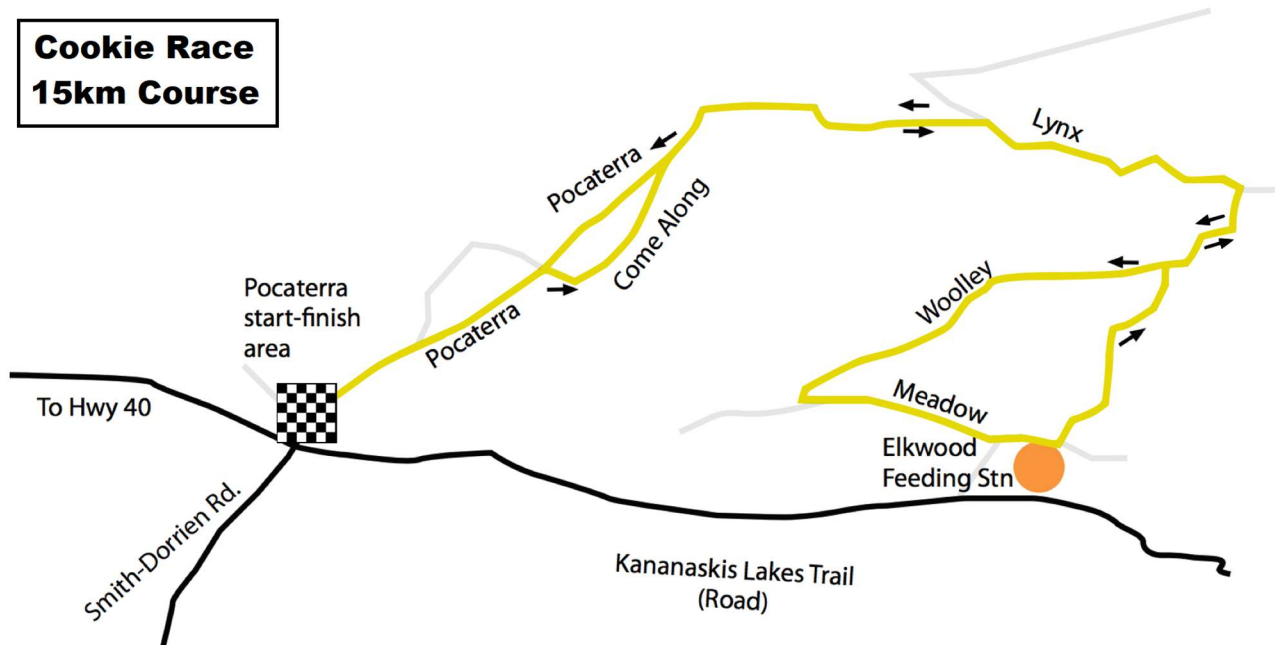
Cookie Race 24km Course



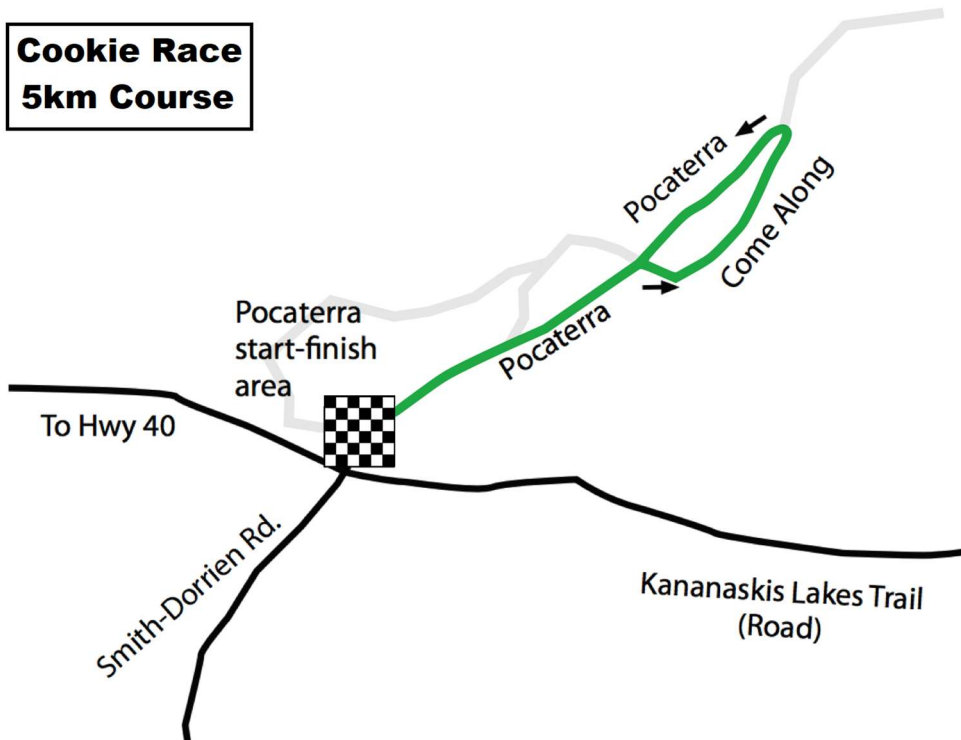


2020 Kananaskis Ski Marathon

Cookie Race 15km Course



Cookie Race 5km Course





2020 Kananaskis Ski Marathon

**Cookie Race
3km Course**

