



Race Notice

Kananaskis Ski Marathon “The Cookie Race”

February 24, 2024

www.cookierace.com

Hosted by Foothills Nordic Ski Club (www.foothillsnordic.ca)

Dear Nordic skiers,

Foothills Nordic Ski Club invites you to the 2024 Kananaskis Ski Marathon, occurring **Saturday, February 24, 2024** on the Peter Lougheed Provincial Park trail system starting from Pocatererra Hut. This loppet is open to both recreational and competitive skiers and emphasizes participation and fun. Only classic technique is allowed (no skating). Participants are treated to soup, beverages, and lots of home-made cookies!

Register at www.cookierace.com by **Feb 21, 2024** at 21:30 MST. Early-bird pricing ends January 31.

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)
2018-2019	0.5km	-
2016-2017	1km	-
2014-2015	2km	-
2012-2013	3km	-
2010-2011	5km	-
2007-2009	15km	-
1994-2006	24km or 42km	15km or 24km
1984-1993		
1974-1983		
1964-1973		
1954-1963		
1944-1953		
1943 or earlier		

Course maps appear below.

Registration Fees

* Fees include a \$3/person fee for Nordiq Alberta.

Race Distance	On or before Jan 31, 2024	After Jan 31, 2024
0.5km, 1km, 2km, 3km, 5km	\$ 28	\$ 31
15km	\$ 43	\$ 58
24km	\$ 78	\$ 98
42km	\$ 88	\$ 108

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		

The race will use a mass start. To minimize congestion and passing, skiers should seed themselves with faster skiers closer to the start line and slower skiers farther back.

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 to the finish line from Boulton.

Cut-Off Times

- 12:00 cut-off for skiers leaving Boulton station (13km) on the outbound leg of 24 & 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 Pocatererra Hut. If we must adjust cut-off times for safety reasons, we will make every effort to notify skiers of the change.

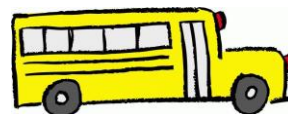
These cutoff times are aggressive. 24km skiers need to average 7.5 km/hr over the first 13km to make their cutoff. 42km racers need to average almost 10 km/hr over the 32km to make their cutoff. We do this to prevent excessively long hours for volunteers.

Awards

Jackrabbits get a candy prize at the finish line. For race categories from 3km and up, we present awards to the top three female and male finishers at the tent beside the hut at 13:00 for 3km to 15km races, and 14:00 for the 24km and 42km races. Skiers in the 15km tour and the 24km tour receive cheers, admiration, and cookies, but no awards.

Transportation and Parking

Free Bus Shuttle!



Parking is limited! We reserve Pocatererra parking lot for vehicles with 2 or more occupants. Overflow parking is available at the Peter Lougheed Park Discovery 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 & snowshoe trails remain open to the public throughout the race. Be cautious and courteous!

Waivers: The online registration requires acceptance of a liability waiver.

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 due to weather or snow conditions, 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 due to weather or snow conditions, no refund is likely.
- If government COVID-19 restrictions cancel the race, we will credit race fees towards next year's race.
- 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	Scott Jensen
Jackrabbit Chief	Ben Guerard
Chief of Refreshments	Madeleine Bouz
Chief of Controllers	Steve Layden
Chief of Stadium	Ryan Murray
Chief of Timing	Ginette Quintilio
Chief of Race Office	Ann Lohka
Race Administration	Cynthia Mate

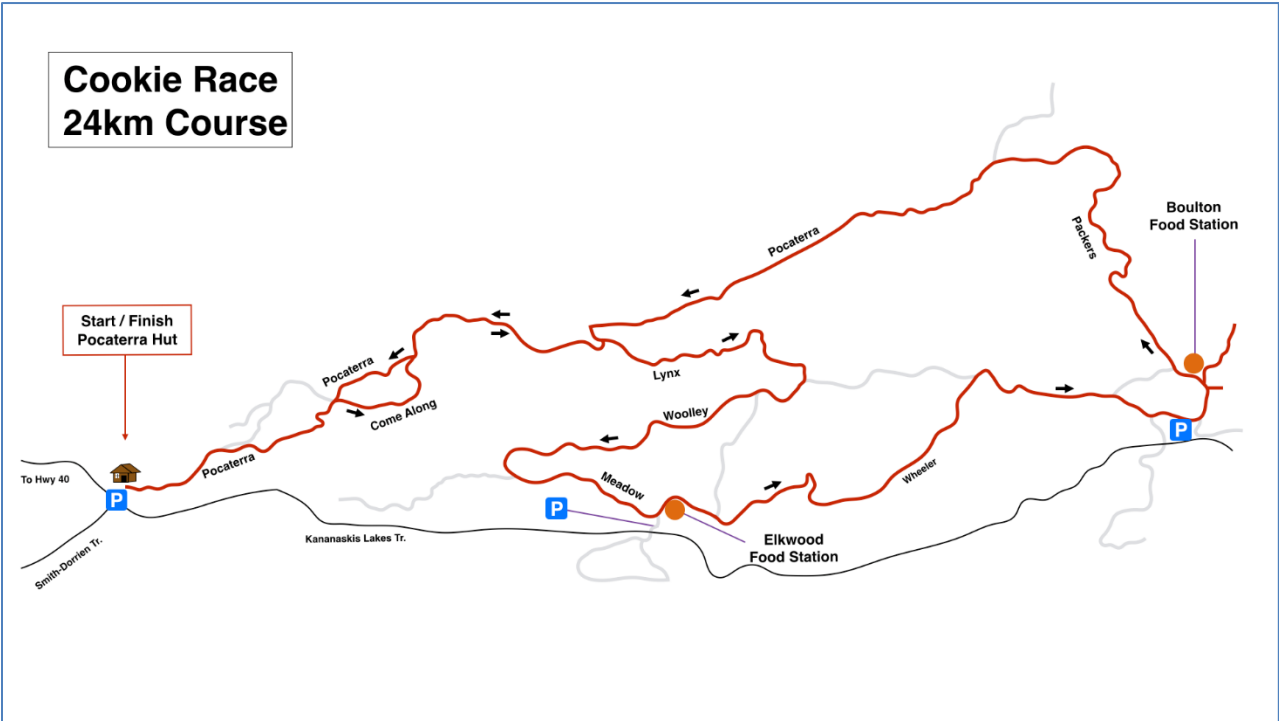
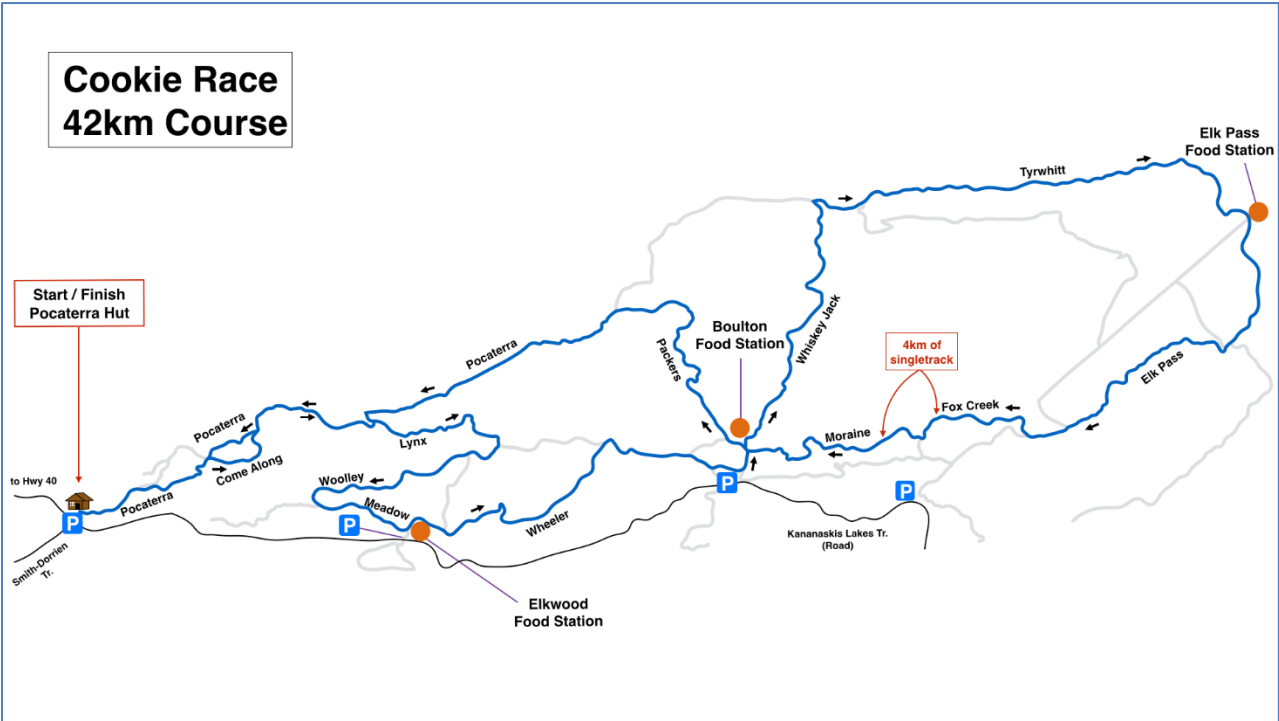
Race Jury

Duty Conservation Officer	Kananaskis Country
Chief of Competition	Tom Lambert
Chief of Course	Scott Jensen

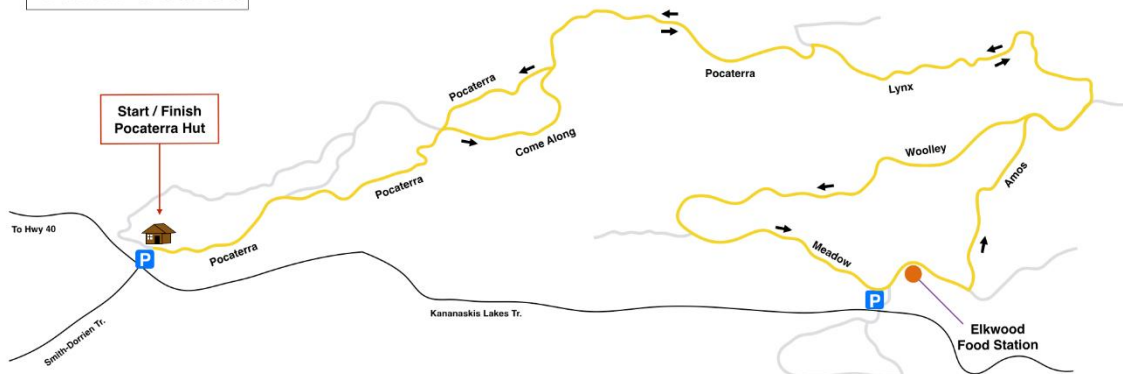
Further Information

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

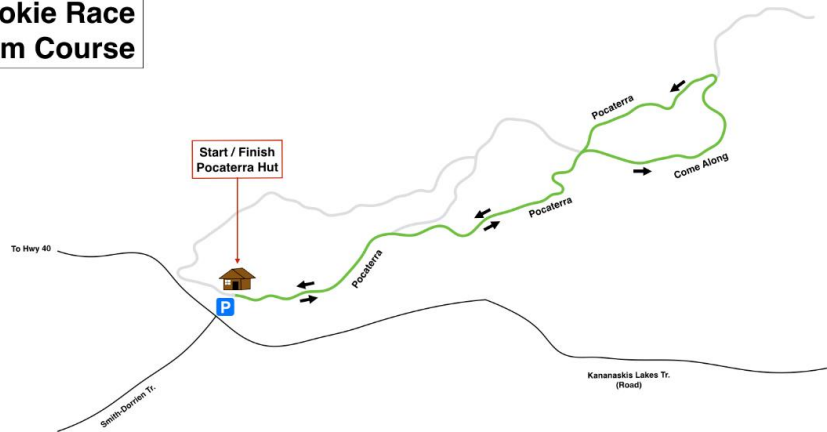
Course Maps



Cookie Race 15km Course



Cookie Race 5km Course



Cookie Race 3km Course

