



## Race Notice

### Kananaskis Ski Marathon “The Cookie Race”

February 22, 2025

[www.cookierace.com](http://www.cookierace.com)

Hosted by Foothills Nordic Ski Club ([www.foothillsnordic.ca](http://www.foothillsnordic.ca))

Dear Nordic skiers,

Foothills Nordic Ski Club invites you to the 2025 Kananaskis Ski Marathon, occurring **Saturday, February 22, 2025** on the Peter Lougheed Provincial Park trail system starting from Pocaterra 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](http://www.cookierace.com) by **Feb 19, 2024** at 21:30 MST. Early-bird pricing ends Jan 29.

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 Competition

## Race Categories

Age Category	Birth Year	Race Options (awards for top 3)	Tour Options (no awards)
U6	2019-2020	0.5km	-
U8	2017-2018	1km	-
U10	2015-2016	2km	-
U12	2013-2014	3km	-
U14	2011-2012	5km	-
U17	2008-2010	15km	-
18-29	1995-2007	24km or 42km	15km or 24km
30s	1985-1994		
40s	1975-1984		
50s	1965-1974		
60s	1955-1964		
70s	1945-1954		
80s+	1944 or earlier		

Course maps appear below.

## Registration Fees

Race Distance	On or before Jan 29, 2025	After Jan 29, 2025
0.5km, 1km, 2km, 3km, 5km	\$ 25	\$ 28
15km	\$ 40	\$ 55
24km	\$ 75	\$ 95
42km	\$ 85	\$ 105

## 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		
1km race	11:30	Pocaterra Hut	Across Highway from Pocaterra Hut
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 TRANSPONDER** 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 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 transponders and 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.

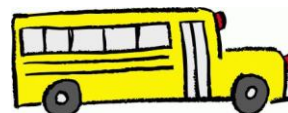
These cutoff times are aggressive. 24km skiers need to average 7.5 km/hr over the first 13km to make their cutoff. 42km racers need to average almost 10 km/hr over the 32km to make their cutoff. We do this to prevent excessively long hours for volunteers.

## Awards

Jackrabbits get a candy prize at the finish line. We don't award medals to 0.5km, 1km, or 2km racers because we want to emphasize participation and fun at those ages. We will present awards for 3km, 5km, and 15km racers at 13:00 beside Pocaterra Hut. Awards for 24km and 42km racers begin at 14:00 beside the hut. The top three female and male finishers in each category receive awards. Skiers in the 15km tour and the 24km tour receive cheers and admiration, but no awards.

## Transportation and Parking

**Free Bus Shuttle!**



Parking is limited! We reserve Pocaterra 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 during the race. Be cautious & kind!

**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 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	Ginette Quintilio
Chief of Refreshments	Madelaine (Maz) Bate
Chief of Controllers	Steve Layden
Chief of Stadium	Ryan Murray
Chief of Timing	Jeremy Myers
Chief of Race Office	Ann Lohka
Race Administration	Cynthia Mate

## Race Jury

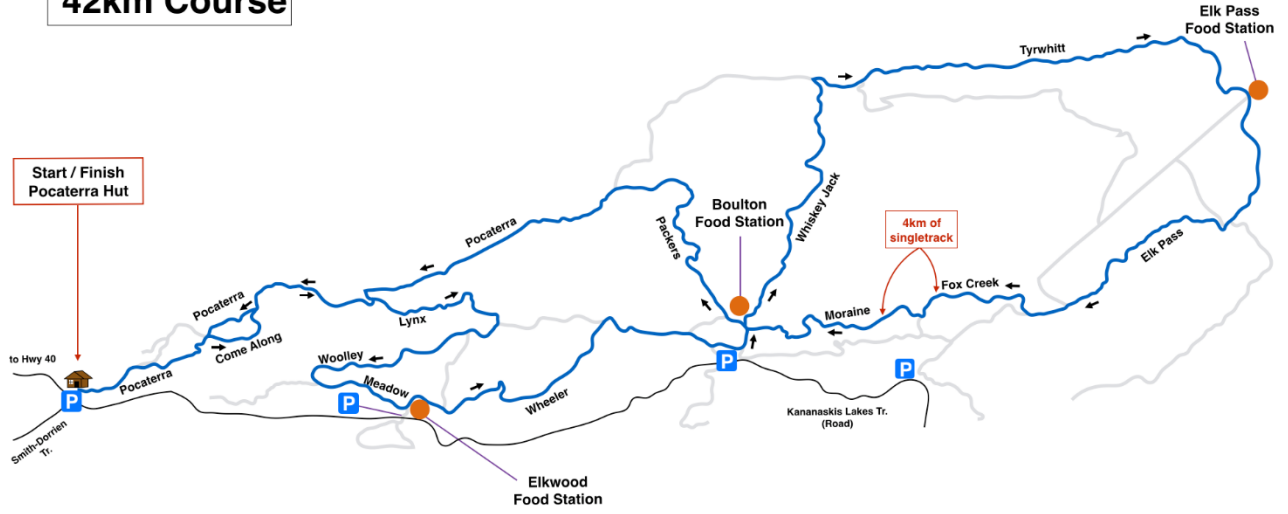
Duty Conservation Officer	Kananaskis Country
Chief of Competition	Tom Lambert
Chief of Course	Scott Jensen

## Further Information

KSM info line: 403-880-1503 Email: [foothills@foothillsnordic.ca](mailto:foothills@foothillsnordic.ca)

# Course Maps

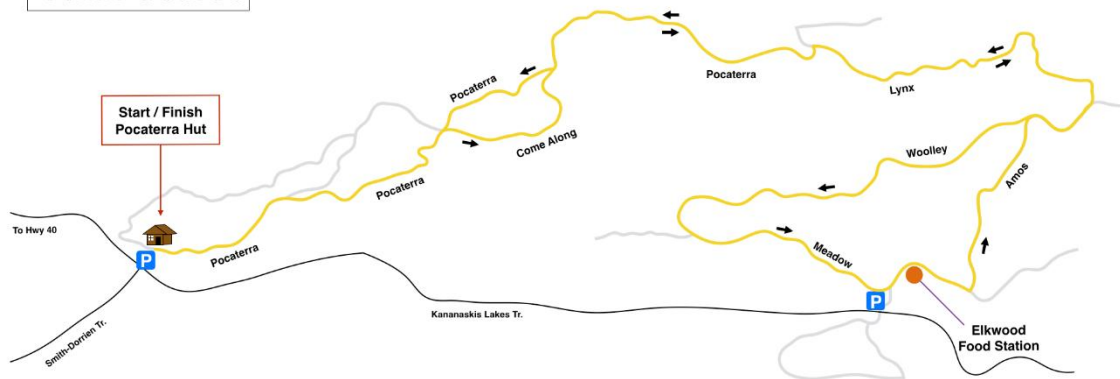
## Cookie Race 42km Course



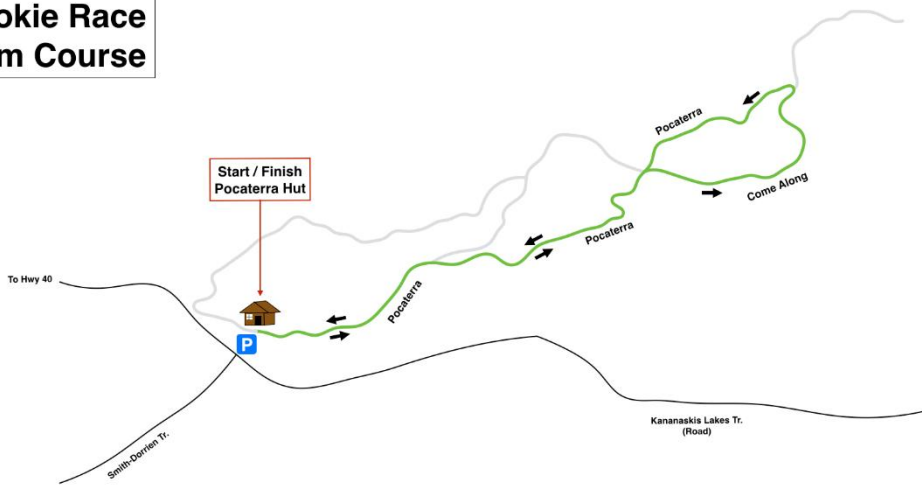
## Cookie Race 24km Course



### Cookie Race 15km Course



### Cookie Race 5km Course



### Cookie Race 3km Course

