



## Sovereign Lake Free Technique Loppet

(Race #7 of the Kal-West Interior Loppet Series)

### Race Notice

- DATE:** Sunday March 9, 2014
- LOCATION:** Sovereign Lake Nordic Centre, Vernon, BC
- HOST CLUB:** Sovereign Lake Nordic Club [www.sovereignlake.com](http://www.sovereignlake.com)
- TECHNIQUE:** Free Technique
- RULES:** CCC Rules and regulations
- INFORMATION:** Chief of Race Verena Von Bremen [verenaandjonathan@telus.net](mailto:verenaandjonathan@telus.net)  
Race Secretary Monika Gorzelak [monika@sovereignlake.com](mailto:monika@sovereignlake.com).  
Technical Delegate TBD
- ELIGIBILITY:** Skiers must be a member in good standing of a CCC/USSA sanctioned ski club. **This race is designed to appeal to athletes of all levels and abilities**
- LICENCES:** No Race Licence is required
- RACE ENTRIES:** **Online Only.** Go to [www.zone4.ca](http://www.zone4.ca) and locate Sovereign Lake Loppet in the online registration and enter your information. Credit Card payment is required. Check the zone4 confirmation list to ensure that you have registered correctly.
- Skiers in the Sovereign Lake Skill Development Programs must register online but will need a password to have their race entries paid by SLNC. See your coach for your zone4 password.
- DEADLINE:** Entries must be received by Wednesday March 5, 2013 at 11:59 pm. **NO LATE ENTRIES WILL BE ACCEPTED.**

**START LISTS:** Start lists will be posted on zone4 and will be available Sunday morning at bib pickup

**BIB PICKUP:** Bib pickup will be available at the Race Office on Sunday March 9 between 8:00 and 9:15. **Bibs must be picked up by 9:15 am.**

**AWARDS:** Awards for the SLNC Loppet and aggregate awards for the Kal-West Interior Loppet Series will be held on the site at the end of the race.

**WAXING:** A wax room and limited number of outdoor outlets are available at the Sovereign Lake Nordic Centre.

**WARM UP/WAX TESTING:**

A warm up and wax testing area will be available near the start area.

**COURSE MAPS:** Course maps will be available for viewing at the site and online at [www.sovereignlake.com](http://www.sovereignlake.com). Look under Events and click on the 2014 Sovereign Lake Loppet Link.

**FOOD:** Lunch will be provided for Race Participants and Volunteers and is included as part of the race entry fee. A food concession is also available.

**ACCOMMODATION:**

A variety of accommodation options are available in the Vernon area [www.tourismvernon.com](http://www.tourismvernon.com) and at Silver Star Mountain Resort [www.skisilverstar.com](http://www.skisilverstar.com)

## Race Schedule

### START TIMES:

9:45 am	5.0 km	8-13 Boys and Girls,
9:50 am	1.8 km	7 and under boys and girls, PN Sit
10:10 am	10, 15 and 30 km	14 -17 Boys and Girls, 15km Recreational, 30 km, PN Stand

### Race Categories (Age is as of race day)

Category	Course Colour	Distance	Race Fee*
7 and under Boys	Yellow	1.8	10.00
8-10 Boys	Green	5.0	10.00
11- 13 Boys	Green	5.0	15.00
14-17 Boys	Blue	10.0	15.00
18-29 Men	Red	30.0	30.00
30-39 Men	Red	30.0	30.00
40-49 Men	Red	30.0	30.00
50-59 Men	Red	30.0	30.00
60-69 Men	Red	30.0	30.00
70+ Men	Red	30.0	30.00
Recreational Men	Red	15.0	30.00
PN Men Stand	Blue	10.0	30.00
PN Men Sit	Yellow	1.8	30.00
7 and under Girls	Yellow	1.8	10.00
8- 10 Girls	Green	5.0	10.00
11-13 Girls	Green	5.0	15.00
14-17 Girls	Blue	10.0	15.00
18-29 Women	Red	30.0	30.00
30-39 Women	Red	30.0	30.00
40-49 Women	Red	30.0	30.00
50-59 Women	Red	30.0	30.00
60-69 Women	Red	30.0	30.00
70+Women	Red	30.0	30.00
Recreational Women	Red	15.0	30.00
PN Women Stand	Blue	10.0	30.00
PN Women Sit	Yellow	1.8	30.00

**\*Race Fee includes trail pass for Sovereign Lake Nordic Centre and lunch**

**\*Cancellation and refunds:** No refunds for withdrawals or no shows. No refunds after on-line registration closes. Full refund less online processing fee for race cancellation.