



Coast Outdoors P'ayakentsut

Saturday February 23, 2019

DATE: Loppet: Saturday February 23, 2019

RACE LOCATION: Whistler Olympic Park, Callaghan Valley, Whistler, BC.

Whistler Olympic Park, the site of the Vancouver 2010 Winter Olympic Games, is located just 16 kilometers southwest of Whistler, 50 kilometers north of Squamish and 115 kilometers north of Vancouver in beautiful British Columbia, Canada. Access to the event site is on fully-paved roads and there is adequate on-site parking. Full location information: www.whistlerolympicpark.com.

Snow tires (not all-season) or chains are required north of Squamish in winter conditions. You may be turned around at Alice Lake if there is heavy snow and you do not have winter tires.

HOST CLUB: Callaghan Valley Cross Country (www.callaghanxcski.ca)

Coast Outdoors P'ayakentsut is organized by Callaghan Valley Cross Country Ski Club with the active support of members of the following ski clubs:

- Nordic Racers – Vancouver www.nordicracers.bc.ca
- Hollyburn Cross Country Ski Club www.hollyburnxc.ca
- Whistler Nordic Ski Club www.whistlernordics.com
- Spud Valley Nordic Club www.spudvalleynordics.ca
- Sea to Sky Nordics <http://seatoskynordics.ca>

RULES: Cross Country Canada (CCC).

START TIME: 10:00 am. Loppet starts in waves – 50K, 30K, 15K, approx. 20 minutes apart and the Payak Mini starts at 1 pm. Sit ski 10 K starts at 10:45 am (check the schedule on next page and at <http://www.payak.ca/race-day-schedule/>) Organizers reserve the right to change the schedule depending on weather conditions

RACE OFFICIALS:

Technical Delegate	Dan Miller	
Chief of Race:	Sherryl Yeager	sherryl@callaghanxcski.ca
Race Secretary:	Wayne Adare	secretary@payak.ca
Chief of Timing:	Stephane Deseau	
Chief of Course:	Theresa Oswald	
Chief of Stadium:	Delores Franz Los	





www.payak.ca

LICENSE: No license is required.

ENTRY: Skiers must register and pay online at www.payak.ca/register or on Zone4 December 31, 2018 is the Registration deadline for Early Bird Rates

- o January 1, 2019, Prices go up \$10
- o February 1, 2019: Prices go up another \$15

Change Fees: \$10 to January 31, 2019 at midnight, after that \$15 plus any increase in posted price for category. **NO CHANGES ALLOWED after February 20, 2019.**

ENTRY DEADLINE: February 20, 2019: midnight PST. Absolutely no late entries accepted!

CATEGORIES: Please note that ages are as of **December 31, 2018.**

Event	Description	Approximate Distance	Categories	Start Time	Awards ♦ M & F	Registration Fee ▲*
P'ayak 50	Loppet (Classic & Skate)	50 km	Open	10:00	Top 6 3 medal 3 ribbons	\$55 pre-reg \$65 early, then \$80
P'ayak 30	Loppet (Classic & Skate)	30 km	Open	10:20	Top 6 3 medals 3 ribbons	\$50 pre-reg \$60 early, then \$75
P'ayak 15	Loppet (Classic & Skate)	15 km	Open	10:40	Top 6 3 medals 3 ribbons	\$45 pre-reg \$55 early, then \$70
P'ayak Youth 15	Loppet (Classic & Skate)	15 km	13-17	10:40	13-15 16-17 3 medals	\$30 pre-reg \$40 early, then \$55
P'ayak Para 10K Sit Ski	Loppet	10 km	Open	10:45	Top 3 medals	\$30 pre-reg \$40 early, then \$55
P'ayak Mini	Loppet (Classic & Skate)	5 km	5-11	13:00	Cookie medals	\$10 pre-reg \$15 early, then \$30
P'ayak Mini Escort	Loppet (Classic & Skate)	5 km	Open	13:00		\$30 pre-reg \$40 early, then \$55

Pre registration until Dec 31st, 2018. Para-Nordic Standing receive \$15 discount.

Early registration until Jan 31st, 2019.

* Skiers will only be timed for the event & distance for which they have registered. If that distance is not completed, the skier will be considered as not having finished. Start times are subject to change & will be listed in the start list.

All loppet skiers will be eligible for draw prizes.





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♦ **PRIZING – Overall Male & Female: 50 km**
1st \$400, 2nd \$300, 3rd \$200
Overall Male & Female: 30 km
1st \$350, 2nd \$250, 3rd \$150

- TRAIL PASSES:** Included in race entry fee.
- COURSE MAPS:** See: www.payak.ca/course for course maps and profiles. Courses subject to change.
- SNOW & WEATHER:** See: www.whistlerolympicpark.com/weather/forecast
- BIB PICK UP - SAT** Bibs can be picked up on February 23, 8:00 – 9:30 a.m. in the Technical Building, next to the Stadium area. Bibs will be available for Payak Mini until 12:45. Transponder pickup begins at 9:00 a.m.
- START LISTS:** We recommend that you check the Zone4 confirmation list for this event to be sure you have registered correctly. Start lists will be available from the Race Office on the day of the event and posted online on Zone4 on Friday, February 22.
- FOOD / WATER:** For races of 15 km or more, there will be feed stations. Please see course maps. There will be a feed station in the stadium area, as well as on course.
- CUT-OFF TIME:** All skiers not reaching the 25 kilometre point in the 50 kilometre event after 2.5 hours will not be allowed to continue.
- RESULTS:** Unofficial results will be posted outside the Race Office after the race. After the event, results will be available to review on Zone4.
- AWARDS:** Awards will be presented on venue at the conclusion of the races.
- DRIVING TIMES:**
- | | |
|------------------|-------------|
| Whistler to WOP | 30 minutes |
| Squamish to WOP | 60 minutes |
| Vancouver to WOP | 120 minutes |
- These times are estimates only and may change due to weather and road or traffic conditions. Please allow at least 15 minutes to be processed through the entry gate.
- PARKING:** Please park in the designated lots as directed upon arrival. **Parking is limited.** Carpool if possible!
- FACILITIES:** For general venue facilities, see: www.whistlerolympicpark.com/about/facilities
- WAXING:** A limited number of electrical outlets are available outside the Technical Building for waxing irons. Wax trailer rentals are available for \$35 per day and must be pre-booked. Contact Whistler Olympic Park at 604-964-0060 or 1-877-764-2455 for further details or to book.





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ACCOMMODATION:

Squamish Lodging

EXECUTIVE SUITES GARIBALDI SPRINGS RESORT

- Preferred accommodation in Squamish
- Please ask for the 'NORDIC' rate when booking
- 1-877-815-0048
- www.executivesuitessquamish.com

Whistler Lodging

ATHLETE'S VILLAGE: Whistler Athlete's Center Lodge (Preferred accommodation in Whistler)

- 1-604-964-0041
- lodge@whistlersportlegacies.com

HOSTELLING INTERNATIONAL: Whistler Canadian Hostel:

- [1-866-762-4122](tel:1-866-762-4122)
- www.hihostels.ca/westerncanada/331/HI-Whistler.hostel

TOURIST INFO:

- www.whistlerchamber.com
- www.tourismwhistler.com
- www.squamishchamber.com
- www.tourismsquamish.com

TITLE SPONSOR

Coast Outdoors – British Columbia's leading supplier of cross country ski equipment and clothing.



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<https://www.coastoutdoors.ca>

FIRST GOLD SPONSOR

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<http://www.salomon.com>

GOLD SPONSORS

Nesters – where the locals shop!
<http://www.nestersmarket.com>



FIRST SILVER SPONSOR

Fischer – development, production, marketing and distribution of first-class skiing equipment.

<http://www.fischerskis.com>



SILVER SPONSOR

Swix – manufacturer and distributor of waxes and cross-country equipment.



<http://www.swixsport.com>

See our other great **SPONSORS** here:

<http://www.payak.ca/partners/>

PARTNERS

Executive Suites Garibaldi Springs Resort

Preferred accommodation in Squamish

www.executivesuitesgaribaldi.com

Cross Country BC

Event sanctioning body BC

www.crosscountrybc.ca

Cross Country Canada



CALLAGHAN VALLEY
CROSS COUNTRY





www.payak.ca
National sport sanctioning body - Canada

www.cccski.com

Whistler Olympic Park

Event venue host

www.whistlerolympicpark.com

Whistler Athlete Centre

Event venue host

www.whistlerolympicpark.com

Whistler 2010 Sport Legacies

Managing 3 Olympic venues whilst inspiring and delivering sports excellence

www.whistler2010sportlegacies.com

Tourism Whistler

Non profit organization marketing and selling Whistler to the world, as the year-round mountain resort of choice. www.whistler.com

