



2024 Overlander Loppet

Race Notice

DATE:	Saturday, 3 February 2024
RACE LOCATION:	STAKE LAKE NORDIC CENTRE 25 minutes south of Kamloops on the Lac Le Jeune Rd. Start and Finish are located in the stadium, which is approximately 800 m from the day lodge and parking area. A warming area will be located adjacent to the stadium.
HOST CLUB:	OVERLANDER SKI CLUB
TECHNIQUE:	MASS START, FREE TECHNIQUE
RULES:	CCC/CCBC rules and regulations
INFORMATION:	Chief of Race: Klaus Mey: klausmey5@gmail.com 250-318-1712 Race Secretary: Nancy Flood oscrace@gmail.com 250-371-7418
ELIGIBILITY:	Everyone is eligible! Note that because of a dramatic increase in the cost of insurance coverage, Nordiq Canada has instituted a \$3 license fee for every skier in Tier 3 events (such as this one), whether or not they are a member of a CCC/CCBC club or have CPL or FIS licenses.
RACE ENTRIES	Registration is ONLINE ONLY, via zone4.ca : Access www.zone4.ca Click on the cross-country skiing icon and locate this event in the list of open registrations. Credit card payment is required. THERE IS NO ADDITIONAL FEE FOR ONLINE REGISTRATION. Registration fees include trail fees. Please check the Zone4 confirmation list for this race to be sure that you have registered correctly.

DEADLINES	Race fees listed below are in effect until Monday, 29 January 2024 at 11:59 pm (PST) . Any registrations received after this will be subject to a \$10 late registration fee. Final deadline is Friday, February 2 at 6:00 p.m. (18:00 PST) . <u>NO ENTRIES WILL BE ACCEPTED AFTER THIS TIME.</u>
STARTLISTS/BIBS	Start lists will be available on Zone 4 on Friday 2 Feb at 8 pm and will be posted throughout the venue. Bibs can be picked up on Saturday, 3 February, between 8:00 am and 10:45 am. Bibs for U6-U14 skiers should be picked up by 9:45; all other bibs should be picked up by 10:45 am.
AWARDS	1 st , 2 nd and 3 rd place male and female finishers will be recognized in each age category for the 15 and 30k races, as well as for the U16 and U18 categories. There will be participation awards for all finishers doing 8 k or less. Draw prizes available for all finishers in the 15K and 30K races. Presentations for the 30k race will take place in the stadium following the race.
FACILITIES	A heated day lodge and outhouses, as well as flush toilets, are located near the parking area at the start of the Stake Lake trail system, which is approximately 800 m from the stadium. The machine shop will be cleared and used as a warming room/lodge for weekend. Portable toilets are available near the stadium and outhouses are located at various locations along the trails.
WAXING	Electrical outlets are available adjacent to the stadium. A few outlets are also available outside the Stake Lake Day Lodge (800 m from the stadium). No waxing inside the day lodge. Note that the CCBC rules regarding the use of Fluorinated Waxes apply (see: https://www.crosscountrybc.ca/sites/default/files/documents/CCBC%20Rule%20Regarding%20the%20Use%20of%20Fluorinated%20Waxes%20v2.pdf). Fluoro wax is restricted for all divisionally sanctioned (Tier 3) events. Specifically, the following are not permitted: <ul style="list-style-type: none"> • Fluoro kick wax • High fluoro (HF), medium fluoro (MF), or low fluoro (LF) glide wax, including HF, MF, or LF powders, pucks, blocks and liquids • Fluoro cold weather powder additives and hardeners • Fluoro grip powders
WARM UP/ WAX TESTING	A warm-up and wax testing area is available near the stadium; no wax testing or warm up is allowed on the course during the competition.
COURSE MAPS	Course maps will be posted at the site and online at the Overlander website: www.overlanderskiclub.com
WEATHER	See www.overlanderskiclub.com for up-to-date weather information.

REFUNDS In the event of a cancellation due to bad weather, the organizers reserve the right to recover costs incurred. Refunds for medical reasons are available upon receipt of a medical note from a physician or nurse practitioner.

FOOD As part of the race fee, lunch is provided for 15k and 30k racers in the warming room near the stadium.

ACCOMMODATION A variety of accommodation is available in the Kamloops area. For more information please see <https://www.tourismkamloops.com/stay/>

Start times:

- 10:00 start for U6 (800 m) skiers
- 10:05 for U10, U12, U14 (8 km) skiers
- 10:10 for U8 (2 km) skiers
- 11:00 all skiers U16 and up (both 15 and 30 km distances)

Race Categories: (All mass start, free technique):

Age (as of Dec 31 2023)	Category (includes both M & F)	YOB	Distance (km)	Race fee/person (until 29 Jan 2024 at 11:59 pm PST)* (note: the \$3.00 license fee per skier is additional)
4-5	U6	2018, 2019	0.4	\$5.00
6-7	U8	2016, 2017	2	\$5.00
8-9	U10	2014-2015	8	\$10.00
10-11	U12	2012-2013	8	\$10.00
12-13	U14	2010-2011	8	\$10.00
14-17	U16-U18	2006-2009	15	\$20.00
18-29	U20, U23, Senior	1994-2005	15	\$30.00
30-39	Master	1984-1993	15	\$35.00
40-49	Master	1974-1983	15	\$35.00
50-59	Master	1964-1973	15	\$35.00
60-69	Master	1954-1963	15	\$35.00
70+	Master	1944-1953	15	\$35.00
18-29	U20, U23, Senior	1994-2005	30 (15 x 2)	\$30.00
30-39	Master	1984-1993	30 (15 x 2)	\$40.00
40-49	Master	1974-1983	30 (15 x 2)	\$40.00
50-59	Master	1964-1973	30 (15 x 2)	\$40.00
60-69	Master	1954-1963	30 (15 x 2)	\$40.00
70+	Master	1944-1953	30 (15 x 2)	\$40.00

* after this until Feb 2 until 18:00 add \$10.00

