



## 2025 Overlander Loppet

### Race Notice

- DATE:** Sunday, 2 February 2025
- 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](mailto:klausmey5@gmail.com) 250-318-1712  
Race Secretary: Nancy Flood [osrace@gmail.com](mailto:osrace@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 Nordiq Canada Race license or FIS license. (This will be added to the registration fee on Zone 4.)
- RACE ENTRIES** Registration is ONLINE ONLY, via [zone4.ca](http://zone4.ca): Access [www.zone4.ca](http://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.

<b>DEADLINES</b>	Race fees listed below are in effect until <b>Wednesday, 29 January at 11:59 pm (PST)</b> . Any registrations received after this will be subject to a <b>\$10 late</b> registration fee. <b>Final deadline is Friday January 31 at 11:59 pm (PST)</b> . (NO ENTRIES WILL BE ACCEPTED AFTER THIS TIME.
<b>STARLISTS/BIBS</b>	Startlists will available on Zone4 on Saturday, 1 February at 6 and will be posted throughout the venue. Bibs can be picked up on Sunday, 2 February, between 8:30 am and 10:45 am. <b>Bibs for U6-U14 skiers should be picked up by 9:45; all other bibs should be picked up by 10:45 am.</b>
<b>AWARDS</b>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> 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. The overall winners in the male and female 30Km category will also receive a special prize.
<b>FACILITIES</b>	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.
<b>WAXING</b>	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: <a href="https://www.crosscountrybc.ca/ccbc-wax-protocol-2024-25-0">https://www.crosscountrybc.ca/ccbc-wax-protocol-2024-25-0</a> ) Fluoro wax is restricted for all divisionally sanctioned (Tier 3) events. Specifically, the following are not permitted: <ul style="list-style-type: none"><li>• Fluoro kick wax</li><li>• High fluoro (HF), medium fluoro (MF), or low fluoro (LF) glide wax, including HF, MF, or LF powders, pucks, blocks and liquids</li><li>• Fluoro cold weather powder additives and hardeners</li><li>• Fluoro grip powders</li></ul>
<b>WARM UP/ WAX TESTING</b>	A warm-up and wax testing area is available near the stadium; <b>no wax testing or warm up is allowed on the course during the competition.</b>
<b>COURSE MAPS</b>	Course maps will be posted at the site and online at the Overlander website: <a href="http://www.overlanderskiclub.com">www.overlanderskiclub.com</a>
<b>WEATHER</b>	See <a href="http://www.overlanderskiclub.com">www.overlanderskiclub.com</a> 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** Please consider staying with one of our race sponsors—the Lac Le Jeune Resort (<https://lljresort.com/>). The resort is a 5 minute drive from the Stake Lake Ski trails and they are offering a 20% discount to registered racers (with code <https://bookings13.rmscloud.com/Search/Index/53CEC122EB9BBA9E/137/?&Pc=Loppet%202025>). You can also check out Tourism Kamloops (<https://www.tourismkamloops.com/stay/>) for places to stay in town.

**DRAW PRIZES** Bib numbers will be used for a draw for prizes. The list of winners will be posted in the warming building (the same place you pick up your bib) and the prizes themselves will also be available there—with the winning numbers attached.

## **START TIMES**

- 10:00 start for U6 (400 m) skiers
- 10:05 for U14 (8 km) skiers
- 10:10 U8 (2 km), U10 (2 x 2 = 4 km) and U12 (2 x 2 = 4 km) skiers
- 11:00 all skiers U16 and up (both 15 and 30 km distances)

**Para Categories:** please contact the Race Secretary ([oscrace@gmail.com](mailto:oscrace@gmail.com)) if you would like to enter.

**Race Categories:** (all mass start, free technique) See next page

## Race Categories:

Age (as of Dec 31 2024)	Category (includes both M & F)	YOB	Distance (km)	Race fee/person (until 30 Jan 2025 at 6 pm PST)* (note: the \$3.00 license fee per skier is additional) *after this, add \$10.00
4-5	U6	2019, 2020	0.4	\$5.00
6-7	U8	2017, 2018	2	\$5.00
8-9	U10	2015-2016	4 (2 x 2)	\$10.00
10-11	U12	2013-2014	4 (2x 2)	\$10.00
12-13	U14	2011-2012	8	\$10.00
14-17	U16-U18	2007-2010	15	\$20.00
18-29	U20, U23, Senior	1995-2006	15	\$30.00
30-39	Master	1985-1994	15	\$35.00
40-49	Master	1975-1984	15	\$35.00
50-59	Master	1965-1974	15	\$35.00
60-69	Master	1955-1964	15	\$35.00
70+	Master	1945-1954	15	\$35.00
18-29	U20, U23, Senior	1995-2006	30 (15 x 2)	\$30.00
30-39	Master	1985-1994	30 (15 x 2)	\$40.00
40-49	Master	1975-1984	30 (15 x 2)	\$40.00
50-59	Master	1965-1974	30 (15 x 2)	\$40.00
60-69	Master	1955-1964	30 (15 x 2)	\$40.00
70+	Master	Before 1954	30 (15 x 2)	\$40.00