



OCEANVIEW  
Oral Surgery

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Dr. AA Conradi

**Oceanview Oral Surgery  
& STRATHCONA NORDIC SKI CLUB**

**Present**

**43<sup>rd</sup> Annual Vancouver Island Loppet**

**Saturday, March 22, 2025**

**MOUNT WASHINGTON NORDIC CENTRE**



**RACE NOTICE - MASS START, FREE TECHNIQUE**

- Host Club:** Strathcona Nordic Ski Club. <https://www.strathconanordics.com/vancouver-island-loppet>
- Location:** Mount Washington Nordic Centre, Courtenay, B.C.
- Date / Start Times:** **Saturday, March 22, 2025, Mass Start (wave starts)**
- 9:00am: 30 km Classic Technique, *sponsored by Dr. Conradi, Oceanview Oral Surgery*
  - 9:30am: 30 km Free Technique, *sponsored by Dr. Conradi, Oceanview Oral Surgery*
  - 9:40am: 15 km, *sponsored by Julius Becker Forest Ltd*
  - 9:40am: Para Nordic standing 15 km
  - 9:50am: 5 km – Youth and Adult
  - 9:55am: Para Nordic sitting 5 km
  - 10:00am: 1 km Cookie Loppet
- Competition Committee:**
- |                        |   |
|------------------------|---|
| Chief of Competition:  | Len Apedaile  |
| Competition Secretary: | Nicole Muchowski <a href="mailto:paces@strathconanordics.com">paces@strathconanordics.com</a> |
| Chief of Course:       | Marilyn Atkinson  |
| Chief of Logistics:    | Chris Bowlby  |

**Eligibility:** This event is open to everyone, from beginning children and their parents, to racing team skiers and masters. ALL participants require a [Tier 3 Event license](#) (\$3) which will be added to registration fees. Participants must sign the Informed Consent and Assumption of Risk Agreement when registering.

**Events / Technique:** For the 30km course, you can register in the Classic or Free Technique category. This will allow us to post results based on technique. All other distances are Free Technique and can be skied in Classic or Skate technique.

**Registration Deadlines & Fees:** Registration closes March 18, 2025 at 6:00pm. Registration is online at [Zone 4](#).

Loppet Course	Early Bird fee: Until Jan 31, 2025	Regular fee: Feb 1 to Mar 8, 2025	Late Entry: Mar 9-18, 2025
30 km	\$ 45	\$ 60	\$ 75
15 km Para Nordic 15 km	\$ 40	\$ 50	\$ 60
5 km Para Nordic 5 km	\$ 35	\$ 40	\$ 50
Cookie Loppet	Free	Free	Free

In addition to the \$3 Tier 3 race license fee, Zone 4 administration fees will be automatically added to all race registrations.

**Note: Race fees do not include a trail pass.** All guests of Mt Washington must have a valid day pass or season pass. Discounted trail passes are available for participants and must be pre-ordered at the time of registration on Zone 4. Discounted tickets are not available from the venue on race day.

**Bib Pickup:** **Day before race day:** FRIDAY, 21-Mar-2025 at Ski Tak Hut: 267-6<sup>th</sup> St., Courtenay from 3:00-5:30pm. Those who take advantage of this option will be entered for a special draw prize.

**Race Day:** SATURDAY, 22-Mar-2025 at Raven Lodge from 8:00-9:00am. If you're late, we'll bring unclaimed bibs to the Start in the Stadium and do our best to get you to your race.

**Cancellations:** If the organizers are required to cancel the race due to weather or other unforeseen circumstances, refunds will be issued with the exception of any online processing fees. **There are no refunds for racers who register, then withdraw, change plans, or do not show.**

**Awards:** The awards ceremony will take place at 12:30pm in the stadium near the finish line. Cookie Loppet participants will receive their cookies at the finish line.

**Draw Prize:** List of winners will be posted and prizes will be available at Raven Lodge.

**Swag:** Those who register for the 5 km, 15 km or 30 km course prior to **February 28<sup>th</sup>** will receive a commemorative toque. Participants in the Cookie Loppet do not receive a toque.

**Facilities:** The Mt Washington Nordic Centre has over 50 km of groomed Nordic ski trails that cover a variety of terrain and land ownership, and includes Strathcona Park. The facility is owned and operated by the Mt Washington Alpine Resort. The Raven Nordic Lodge features day lodge facilities, food services, rentals, retail sales, lockers, and also services a growing snowshoeing base and toboggan area.

**Course:** Course maps will be posted in advance on the club website and on the club bulletin board on the lower floor of the Raven Lodge. <https://www.strathconanordics.com/vancouver-island-loppet>  
**In the event that snow conditions or weather dictate a change in the course or distance, updates will be posted on the club website.**

**Volunteers:** Many are needed. Sign up online: <https://bit.ly/snsc-race> or email [info@strathconanordics.com](mailto:info@strathconanordics.com)

**Accommodation:** Mt Washington Resort has links to various on-site accommodation listings:  
<https://www.mountwashington.ca/stay/lodging.html>  
 Accommodation in the Comox Valley (approximately 40-minute drive):  
<https://experiencecomoxvalley.ca/accommodation/>

## EVENT SCHEDULE

**Date: Saturday, March 22, 2025 - Free Technique, Mass Start**

Start Time: 9:00 am Classic, 9:30am Free Technique				Registration & Fees***		
Race Course	Category**	Year Born	Distance / Start Time	Early Bird until Jan 31	Regular Fee Feb 1 - Mar 8	Late Entry Mar 9-18
<b>Cookie Loppet</b>	Children	--	1 km Start: 10:00am	Free	Free	Free
<b>Youth 5 km Loppet</b>	Boys/Girls 6-8y	2016-2018	5 km Start: 9:50am	\$35	\$40	\$50
	Boys/Girls 9-12y	2012-2015				
	Boys/Girls 13-18y	2006-2011				
<b>Adult 5 km Loppet</b>	19+	2005 or before	5 km Start: 9:50am			
<b>15 km Loppet</b> <i>sponsored by Julius Becker Forest Ltd</i>	18 and under	2006 or later	15 km Start: 9:40am	\$40	\$50	\$60
	19+	2005 or before				
<b>30 km Loppet * Free Technique</b> <i>sponsored by Dr. Conradi, Oceanview Oral Surgery</i>	18 and under	2006 or later	30 km Start: 9:30am*	\$45	\$60	\$75
	19+	2005 or before				
<b>30 km Loppet * Classic Technique</b> <i>sponsored by Dr. Conradi, Oceanview Oral Surgery</i>	18 and under	2006 or later	30 km Start: 9:00am*	\$45	\$60	\$75
	19+	2005 or before				
<b>Para Nordic: Adaptive Standing</b>	All ages	--	15.0km Start: 9:40am	\$40	\$50	\$60
<b>Para Nordic: Adaptive Sitting</b>	All ages	--	5.0km Start: 9:55am	\$35	\$40	\$50

\*Racers who choose to continue on the race course **after 12:00 (noon) cut-off** (first time passing Jackrabbit Link), may complete the course, but no further on-course support will be provided.

\*\*Age as of December 31, 2024

\*\*\*All skiers must have a valid trail pass. Race fees do not include a trail pass.

## Award Categories

<b>Race Course</b>	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>30 km FREE TECHNIQUE</b>	Male U19 Female U19 Male 19+ Female 19+	Male U19 Female U19 Male 19+ Female 19+	Male U19 Female U19 Male 19+ Female 19+
<b>30 km CLASSIC TECHNIQUE</b>	Male U19 Female U19 Male 19+ Female 19+	Male U19 Female U19 Male 19+ Female 19+	Male U19 Female U19 Male 19+ Female 19+
<b>15 km</b>	Male U19 Female U19 Male 19+ Female 19+	Male U19 Female U19 Male 19+ Female 19+	Male U19 Female U19 Male 19+ Female 19+
<b>5 km</b>	Age 6-8 boys Age 6-8 girls Age 9-12 boys Age 9-12 girls Age 13-18 boys Age 13-18 girls Male 19+ Female 19+	6-8 boys 6-8 girls 9-12 boys 9-12 girls 13-18 boys 13-18 girls Male 19+ Female 19+	6-8 boys 6-8 girls 9-12 boys 9-12 girls 13-18 boys 13-18 girls Male 19+ Female 19+

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Dr. AA Conradi

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