



2015 Canadian Masters National Cross Country Championships

Kamloops, British Columbia

February 8-14, 2015

RACE NOTICE

HOST CLUB:

OVERLANDER SKI CLUB <http://www.overlanderskiclub.com>

RACE LOCATION:

STAKE LAKE NORDIC CENTRE:

25 minutes south of Kamloops, BC on the Lac Le Jeune Rd.

SANCTIONING/RULES:

Canadian Masters Cross Country Ski Association
Cross Country Canada

Competition Jury:

Organizing Committee Chair:	Charlie Bruce
Technical Delegate:	Dan Miller
Race Secretary:	Nancy Flood
Chief of Competition:	Mike Stewart-Smith
Chief of Timing:	Luc Guilherme
Chief of Course:	Peter Findlay

Eligibility:

Canadians or Canadian residents must have a valid and active membership with the Canadian Masters Cross Country Ski Association in order to participate in the 2015 Masters National Championships. Memberships may be purchased through your provincial director at <http://www.canadian-masters-xc-ski.ca> or will also be available for purchase on Zone4 through the online registration page for this event. U.S. citizens who are not residents of Canada may participate without MCC membership, but are not eligible for MCC awards (alternative awards are provided for American winners).

Waivers:

All participants will be required to sign a digital waiver when registering online for the event. Participants will not be permitted to race without having signed the waiver.

Race Entry Fees and Deadlines:

\$30 per race for all age categories (EARLY BIRD RATE before 24 January at midnight PST)

\$45 per race for all age categories from 25 January to 2 February at midnight PST

\$50 per race for all age categories from 3 February to 7 February 2015 at 18:00 PST

Final deadline for online registration is 7 February at 18:00 PST

All entry fees include lunch on the day of the race

Evening Pasta dinner (Tuesday, 10 February): \$20.00

Tall Tales and Tapas social event (Thursday 12 February): \$25.00

Banquet (Saturday, 14 February): \$45.00

How to Enter:

Registration will be online from the 2015 Masters Cross Country National Championships website: www.2015crosscountryskimasters.ca (where you will find a link to registration via Zone4) from 1 December 2014. Payment must be made at the time of registration. (Note that Zone 4 supports Visa or Mastercard only). Please check the Zone4 confirmation list for this race to be sure that you have registered correctly (and inform the Race Secretary, [Nancy Flood: nflood@tru.ca](mailto:Nancy.Flood@tru.ca) of any errors) Tickets for the social events, as well as for the MCC ski draw, can be purchased online when registering. Limited tickets for these events will be available at the site, depending on availability.

Age Categories for Racers (M/F)

Category	Year of Birth	Age
Master 1	1980-1984	30-34
Master 2	1975-1979	35-39
Master 3	1970-1974	40-44
Master 4	1965-1969	45-49
Master 5	1960-1964	50-54
Master 6	1955-1959	55-59
Master 7	1950-1954	60-64
Master 8	1945-1949	65-69
Master 9	1940-1944	70-74
Master 10	1935-1939	75-79
Master 11	1930-1934	80-84
Master 12	1929 and earlier	85+

General Event Schedule (Sunday 8 February to Sunday 15 February)

Sunday: Evening reception, Coast Hotel; participant check-in during reception

Monday: Long distance, classic races, 10:am start (Race office at Stake Lake Nordic Centre open on race days)

Tuesday: Rest day; trails open to all racers with accreditation; Pasta Dinner in evening at Coast Hotel

Wednesday: Short Distance, classic races, 10:am start

Thursday: Short Distance, skate races, 10:am start; Tall Tales and Tapas social event in evening at Coast Hotel

Friday: Rest day; trails open to all racers with accreditation

Saturday: Long distance, skate races, 10:am start; Banquet in evening at Coast Hotel

Sunday: Overlander Loppet--A separate 15 or 30 Km freestyle event, which is part of Kal West Loppet Series; Canadian Masters are welcome to enter. For more details, see www.overlanderskiclub.com

Race Schedule

Monday, 9 February: Long Distance Classic, Wave Start

Category	Distance
Master 1-8	20 km
Master 9 (M)	20 km
Master 9 (F)	10 km
Master 10-12	10 km

Wednesday, 11 February: Short Distance Classic, Wave Start

Category	Distance
Master 1-8	10 km
Master 9 (M)	10 km
Master 9 (F)	5 km
Master 10-12	5 km

Thursday, 12 February: Short Distance Skate, Wave Start

Category	Distance
Master 1-8	10 km
Master 9 (M)	10 km
Master 9 (F)	5 km
Master 10-12	5 km

Saturday, 14 February: Long Distance Skate, Wave Start

Category	Distance
Master 1-8	20 km
Master 9 (M)	20 km
Master 9 (F)	10 km
Master 10-12	10 km

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. 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 Master's Website:
www.2015crosscountryskimasters.ca

Weather

See www.overlanderskiclub.com for up-to-date weather information, and a webcam or phone the snow phone at 250-372-5514

Accommodation

The [Coast Kamloops Hotel & Convention Center](#) is conveniently located just 20 minutes from the Stake Lake Nordic Center. The Coast is the host Hotel of the 2015 Masters Championships, as well as the site of registration, activities and banquets.

The Coast Kamloops has been generous enough to offer a discounted room rate to participants of the event; in order to ensure you receive the special room rate, please click on the link below for booking information:



[Coast Kamloops Hotel & Convention Center](#)

1250 Rogers Way Toll free-1-800-665-6674

As the Tournament Capital of Canada, Kamloops has numerous hotels, motels and B & B's that are within easy driving distance from the competition site. For a detailed list of accommodation, please visit:



[Tourism Kamloops - Accommodation](#)

1290 West Trans Canada Hwy 1-250-372-8000