



2010 Kanata Nordic Sprint Race: “The Pretzel”

Race Notice

The Kanata Nordic Ski Club is hosting the third annual Pretzel to be held on Sunday, February 7, 2010. This race is oriented towards young racers, Jackrabbits and other young skiers who wish to see what Nordic sprint races are all about. All skiers Junior age and younger are welcome and no previous race experience is required. There will be two sprint courses, a 300 meter loop for the younger skiers and a 700 meter course for the older ones. Both events are Freestyle (Skate Skiing). All Jackrabbit levels are welcome, as well as those who are already racing. All participants are guaranteed at least two races. A special fun park will be set up for the Bunnyrabbits. All race participants are awarded a delicious chocolate covered pretzel prize!

We will be following last year’s traditional model for race categories and competitive skiers will race alongside recreational skiers. **Ages are as of December 31, 2009.** Two sets of results will be maintained as follows: 1. Overall results 2. Recreational results by year of birth. Overall results will determine advancement through knock out rounds to semis and finals. Medals and prizes awarded to the top three overall results in each age and gender specific category. A separate list of recreational results will be recognized with ribbons to the top three results in each age and gender category. The full list of overall and recreational results will be posted on the results board and online.

Location – The race site is at the Bonnenfant Y Outdoor Centre, 1620 Sixth Line Road, RR#1 Dunrobin (Kanata North), a 15 minute drive north of the Queensway from the March Road exit #138. For more driving directions see the [Bing Map](#) (note that the Google Map is off by several km)..

Stakes – This race is sanctioned by Cross Country Ontario (CCO) through the National Capital District (NCD). Only registered NCD and Outaouais clubs and skiers will accrue NCD points.

Race Committee Members -

Race Director: Shelagh Ryan-(613) 256-7663
Race Secretary: Ron Grossman (613) 721-8934

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Chief of Results: Ken Phillips-(613) 592-2032

Chief of Stadium: Pat Kirkham

Chief of Course: Mike Duivenvoorden

Chief of Marshalls: Stefan Bergstrom

Chief of Hospitality Shelagh Ryan

First Aid: Kim MacAskill

Information before and after races: Shelagh Ryan, or by email at

shelaghandmike@xplornet.com

During races: Shelagh Ryan cell (613) 297-5811 and in person at the Bonnenfant Chalet from 8 am to 3pm

Events -

1. Category-Gender-Age-Distance-Course (Age as of Dec 31, 2009)

Bunnyrabbit-Boys & Girls-4-5 years -Fun Course

Atom-Boy-6-7 years -300m-Course 1

Atom-Girl-6-7 years -300m-Course 1

Pee Wee-Boy -8-9 years -300m-Course 1

Pee Wee-Girl-8-9 years -300m-Course 1

Mini-Midget-Boy-10-11 years -300m-Course 1

Mini-Midget-Girl-10-11 years -300m-Course 1

Midget-Boy-12-13 years -700m-Course 2

Midget-Girl-12-13 years -700m-Course 2

Juvenile-Boy-14-15 years -700m-Course 2

Juvenile-Girl-14-15 years -700m-Course 2

Junior- Boy-16-17 years-700m- Course 2

Junior-Girls-16-17 years-700m-Course 2

2. After the finals of each age and gender have been completed and before medals are presented there could be a team relay race where each team comprises a fairly equitable balance of jack rabbits, racers, kids and adults. Free of charge, the race requires enough participants and will also be weather dependent. Registration is online and onsite. Course 1

Eligibility –Fun course and individual sprints are open to all children from 4 to 17 years of age. Fun team relay is open to all ages; no points or awards, just bragging rights.

Registration - Only registrations on line at the www.zone4.ca will be accepted. Registration fees are \$5 each for all Bunnyrabbits, \$15 each for all others. No fee for Para Nordic guides. All Registration fees are payable by credit card online and are not refundable. The registration deadline is at 11:59 pm February 3, 2010. The registration list will be posted at www.zone4.ca & www.kanatanordic.ca

Courses - A special fun park will be set up for the Bunnyrabbits

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Updated trails conditions are available at www.kanatanordic.ca

Course 1: 300m loop around the stadium

Course 2: 300m loop around the stadium plus an additional 400m of hilled terrain

Stadium - The race stadium and course is located in and around the Bonnenfant Y Outdoor Centre sports field, located at the south-east end of the City of Ottawa Riverfront Park.

Timing- All qualifying and elimination heats will be hand timed.

Results - Results will be posted onsite on the race results board after each round of heats and after the race event at www.kanatanordic.ca. Two sets of results will be available: 1. Overall results (only) during the event 2. Recreational results at the conclusion, year of birth results divided by competitive and recreational status posted on website next day.

Seeding – First round by random draw. Second round seeded by timed results with top two in each heat advancing. Elimination rounds advance by place. Start Lists will be posted by 8PM Saturday Feb 5 at www.kanatanordic.ca and onsite on the results board starting at 8 AM on Sunday, February 7

Starts - Depending on numbers registered per category, starts will be by four-person heats, at 3 minute intervals starting at 9 AM on Sunday, February 7.

Bibs Distribution - Race bibs will be distributed from the Bonnenfant Chalet, on Sunday, February 7, from 7:30 am to 8:30 am. **\$50 penalty for non return.**

Awards - Participation awards (chocolate pretzel) will be presented to all racers at the finish line after the second round. Medals will be presented to three places for overall results and ribbons to three places for recreational results after finals. Free draws will be held throughout the day.

Race Office - The Race Office is located in the Bonnenfant Chalet from 7 am to finish, Sunday, February 7. Only race committee members and officials will have access to the Race Office.

Race Results & Start Times Board - The Race Results and Start Times board is located adjacent to the small building, next to the stadium.

Waxing Room - No interior waxing facilities are available onsite.

First Aid - First Aid personnel will be onsite in the stadium and is also available at Bonnenfant Y Outdoor Centre Main Office located at the site entrance.

Silent Auction – Viewing and bidding is onsite from 8am to 2pm. Bidders are not required to remain onsite but are responsible to collect and pay for the auction

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item within one week of the race or the item will be offered to the next highest bidder.

Raffle- 1. A large, sealed, translucent container of chocolate covered pretzels will be on view for participants to guess at the number of pretzels inside. Ballots to submit your guesses are .50 each. Ten ballots will be drawn and the closest guess will take home the goodies! 2. Grocery store gift certificate ballots for \$1.00 each...great for a take-out dinner that evening!

Food – Outdoor BBQ, hot dogs, burgers and chilli with outdoor seating area near the stadium area. Indoor concession with snacks and beverages will be located in the Bonnenfant Chalet. Complimentary warm Gatorade will be available for racers only, at finish line.

Parking - Parking at the site entrance is severely limited. Parking along Sixth Line Road is also available. Please use caution and do not park near the corner.

Contingency - Information regarding any changes will be posted at www.kanatanordic.ca.

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