



## RACE NOTICE

# OLYMPIC ECHO

## ALBERTA CUP 5 & 6

EDMONTON, ALBERTA  
FEBRUARY 27 & 28, 2010

### WELCOME

While today's Olympians are wrapping up the 2010 Olympics, future Olympians will be racing in Edmonton, inspired by the performances in Vancouver / Whistler. We are proud to once again host part of the Alberta Cup series and contribute to the development of Alberta cross-country ski athletes.

On behalf of the Edmonton Nordic Ski Club (ENSC), welcome to Edmonton. Please take a moment to thank a volunteer – they make this event possible. We have put together a safe, fun and fair competition for you. Please enjoy it in the spirit in which it is presented.

### UPDATE – February 18

Note that this race notice has been revised, effective February 18, 2010 and replaces the previously published race notice. The Race Committee has received feedback from several teams that putting together 4-person relay teams with 2 females presents a challenge. We have decided to change from 4-person teams to 3-person teams for all relay categories. Details may be found in Section C.

### A. GENERAL INFORMATION

#### Events

Saturday, February 27 – Individual Start, Classic Technique  
Sunday, February 28 – Relay, Classic Technique

#### Host

Edmonton Nordic Ski Club

#### Venue

Goldstick Park, Edmonton, Alberta.  
Enter from 101 Ave. (Baseline Rd.) east of 50 St.

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=goldstick+edmonton>

Races will be held in Goldstick and Goldbar Parks. Trail closure signs will be posted but be aware that these are public parks with uncontrolled access. Trail passes are not required.

#### Sanctioned by

Cross Country Canada and Cross Country Alberta

#### Cancellation

In the event of cancellation, cancellation will follow the CCA Technical Package for Provincial Cross Country Ski Events protocol. Announcement of cancellation will be made through the CCA and ENSC websites.

#### Race Committee

Chief of Competition: Clayton Stafford  
Chief of Course: Paul Zimmermann  
Competition Secretary: Brenda Carson



Chief of Stadium: Bob Large  
Chief of Timing: Doris Saurette



### **Jury**

Technical Delegate: Mike Norton  
CCA Sport Manager: Mike Neary  
Chief of Competition: Clayton Stafford

## **B. FACILITY INFORMATION**

### **Race Office**

Goldstick Pavilion

### **Race Office Hours**

February 26: Noon – 4:00 pm  
February 27: 8:00 am – 3:00 pm  
February 28: 8:00 am – 2:00 pm

### **Contact Information**

Competition Secretary – Brenda Carson – 780-907-1698 – [edmontonnordic@hotmail.com](mailto:edmontonnordic@hotmail.com)  
Chief of Competition – Clayton Stafford – 780-236-4632

### **Wax/Change Rooms**

A limited number of facilities are available. Team waxing rooms may be requested and will be assigned based on the number of team members. Room keys, available from the Race Office, will be issued in exchange for a \$50 cash Key Deposit (exact change please). Key Deposits will be returned after wax rooms are cleaned by teams using them. Electrical power supplies are limited and outlets in the wax rooms must not be used. Please bring your own generator.

### **Food Services**

Registered athletes, coaches and volunteers will be provided with a free, hot meal on each day of competition. Food will not be available for purchase on site.

### **Parking**

In order to accommodate emergency vehicle access, parking is prohibited on the shoulder of the entrance road. We will try to have snow pushed back enough so vehicles can park safely off the road. Parking is also available on the service road south of Baseline Road.

## **C. COMPETITION INFORMATION**

### **Schedule of Events**

<b>Date</b>	<b>Time</b>	<b>Activity</b>	<b>Details</b>
Friday, February 26	8:00 am – 4:00 pm	Training	Course open with basic course marking. Course maps will be posted.
Friday, February 26	7:00 pm	Coaches Meeting	Goldstick Pavilion
Saturday, February 27	10:00 am – 2:00 pm	Race	Individual Start, Classic Technique
Saturday, February 27	4:00 pm	Coaches Meeting	Goldstick Pavilion
Sunday, February 28	10:00 am – 1:00 pm	Race	Relay, Classic Technique



### Event Categories and Distances – Saturday, February 27 – Individual Start, Classic Technique

Category	Year of Birth	Distance (km)		*Start Time (approx.)
		Male	Female	
Atom	2002 or later	1.0	1.0	13:30
PeeWee	2000-2001	2.0	2.0	13:15
Mini-Midget	1998-99	2.5	2.5	13:00
Midget	1996-97	5	5	10:25
Juvenile	1994-95	10.0		10:50
			7.5	10:00
Junior B/G	1992-93	15.0	10.0	11:10
Junior M/W	1990-91	15.0	10.0	11:30
Senior M/W	1980-89	15.0	10.0	11:50
Masters I to VI	1950-79	15.0	10.0	12:10
Masters VII +	1949 or prior	10.0		
			7.5	10:15
Sport		5.0		12:20
			3.75	10:15
Para Nordic		Details to be confirmed		

\*Actual category start times will depend on the number of registered racers.

### Event Categories, Distances, and Team Composition – Sunday, February 28 – Relay, Classic Technique

Relay Category	Age Categories	Year of Birth	Distance	Team Composition	Start Time
A	Junior M/W	1990-91	3 x 5 km	<ul style="list-style-type: none"> <li>3 athletes per team</li> <li>At least 1 woman per team</li> </ul>	10:00
	Senior M/W	1980-89			
	Masters I to IX	1979-or prior			
B	Juvenile	1994-95	3 x 3.75 km	<ul style="list-style-type: none"> <li>3 athletes per team</li> <li>At least 1 girl per team</li> </ul>	11:00
	Junior B/G	1992-93			
C	Mini-Midget	1998-99	3 x 2.5 km	<ul style="list-style-type: none"> <li>3 athletes per team</li> <li>At least 1 girl per team</li> </ul>	11:45
	Midget	1996-97			
D	Atom	2002 or later	3 x 1 km	<ul style="list-style-type: none"> <li>3 athletes per team</li> </ul>	12:15
	PeeWee	2000-2001			

Para Nordic athletes may participate as a member of any relay team at the discretion of their coach.

Official Teams: In order to be considered an official team, all team members must be from the same ski club, and all conditions specified under "Team Composition" in the preceding table must be met. Only official teams will be eligible for Alberta Cup medals.



Unofficial Teams: Any team not meeting the requirements stated above may compete as an unofficial team. All members of an unofficial team participating in a relay category must be within the age categories identified in the preceding table for that relay category.

### Awards

Awards will be presented as soon as possible after the completion of each event.

### Fees

Category	Fees	
	Per Race	Both Races
Atom	\$10	\$20
PeeWee	\$10	\$20
Mini-Midget	\$10	\$20
Midget	\$25	\$50
Para Nordic	\$25	\$50
Juvenile	\$25	\$50
Junior B/G	\$25	\$50
Junior M/W	\$25	\$50
Senior M/W	\$25	\$50
Masters I to IX	\$25	\$50
Sport	\$25	-

Note that the individual race fee must be paid by each member of a relay team.

### Seeding

Seeding for Saturday's race will be assigned as per CCA Technical Package.

Seeding for Sunday's relay will be done by random draw.

It is **highly recommended** for all racers that they be represented by a coach / manager at the team captains meetings.

### Course Maps & Profiles

Course maps and profiles will be posted on the Edmonton Nordic web site ([edmontonnordic.ca](http://edmontonnordic.ca)). The posted courses may be subject to change as required to accommodate changing conditions. Final course changes will be communicated at the coaches meetings.

## D. ENTRY PROCESS AND DEADLINE

### Registration

All entries must be processed through Zone 4 at [www.zone4.ca](http://www.zone4.ca). Coaches may submit relay teams at the Friday team captains meeting, or in advance by e-mail to the Competition Secretary at [edmontonnordic@hotmail.com](mailto:edmontonnordic@hotmail.com) or fax 877-628-4620.

### Relay Team Registration

All individual relay participants must register and pay through Zone 4. Relay teams may be submitted by the coaches at either of the coaches meetings. Relay teams may also be submitted in advance by e-mail to [edmontonnordic@hotmail.com](mailto:edmontonnordic@hotmail.com).



### **Payment**

All payments must be processed through Zone 4 prior to the deadline.

### **Deadline**

All registrations and payments must be received by 8:00 pm, February 24, 2010. No registrations will be accepted after this. No race day registrations.

To ensure accuracy of entries and facilitate race list completion, Coaches/Team Leaders are expected to carefully check their entries on the Zone 4 confirmation list and send corrections to the Competition Secretary at [edmontonnordic@hotmail.com](mailto:edmontonnordic@hotmail.com) or fax 877-628-4620 by February 24.

## **E. RACE LICENSE AND REQUIREMENTS**

Race License requirements will be as per Cross Country Alberta and Cross Country Canada directives.

All competitors Juvenile and older must have a valid CCC license. Competitors must provide CCC Race License Number when they register. Competitors Midget and younger must be an active member of a CCA registered club.

Athletes without a CCC license or valid club membership must purchase a Day License for each day of racing:

1. Online at [www.zone4.ca](http://www.zone4.ca) when registering for \$5 per day.
2. On race day at the Race Office for \$5 per day. Please provide exact change.

## **F. WAIVER/EVENT ACKNOWLEDGEMENT OF RISK AND CONSENT**

Athletes 18 years of age and older can agree to a waiver when they register online.

Athletes younger than 18 years of age must have a Event Acknowledgement Of Risk And Consent (included in Race Notice) signed by a parent or guardian and submitted manually prior to the race (fax to Competition Secretary at 877-628-4620) or handed in on Race Day prior to receiving race bib. We strongly encourage submission prior to Race Day to make bib distribution more efficient.

## **IMPORTANT NOTE**

Race bibs will be withheld until all Race License and Waiver/Event Acknowledgement Of Risk And Consent requirements are met. To avoid frustration on Race Day, please provide signed hard copy, where required, prior to the race to:

Competition Secretary  
Fax (toll free) 877-628-4620



## PARENT/GUARDIAN ACKNOWLEDGEMENT OF RISK AND CONSENT

Please read the contents of this Consent and Acknowledgement of Risk form.  
If this form is not signed and returned to the program/event organizer, your child WILL NOT BE ALLOWED TO PARTICIPATE.

### PROGRAM / EVENT INFORMATION

PROGRAM / EVENT: Alberta Cup 5 & 6  
DATE(S): February 27 & 28, 2010  
ACTIVITIES: Cross Country Ski Racing

### BOARD RESPONSIBILITIES

The Organizing Committee will make every reasonable effort to ensure or ascertain that:

- The volunteers and/or service providers involved are suitably trained and qualified.
- The participants are adequately supervised over all aspects of the program/event.
- The location(s) used are appropriate for the activities and group.
- Program/event equipment used has been inspected and deemed appropriate and safe.
- A Safety Plan is in place to identify and manage known potential risks.
- An Emergency Plan is in place to deal with an injury or illness to any of the participants.

### POTENTIAL KNOWN RISKS

While injuries are rare and safety and emergency plans are in place, potential known risks include the following:

- Injuries related to falling;
- Injuries related to colliding with another person or with a fixed object (e.g., tree);
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Injury or delays due to significant equipment malfunction;
- Hypothermia, frostbite or other cold injuries due to insufficient clothing; and
- Other risks normally associated with participation in the activity and environment.

### CONSENT AND ACKNOWLEDGEMENT OF RISK

Program/Event: Alberta Cup 5 & 6 Date: February 27 & 28, 2010

- I acknowledge my right to obtain as much information as I require about this program or event and associated risks and hazards, including information beyond that provided to me by the organizing body.
- I freely and voluntarily assume the risks/hazards inherent in the program/event and understand and acknowledge that my child may suffer personal and potentially serious injury arising from his/her participation.
- My child has been informed that he/she is to abide by the rules and regulations, including directions and instructions from the organizer's administrators, instructors, coaches, supervisors or officials over all phases of the program/event.
- I acknowledge that it is my duty to advise the organizer of any medical/health concerns that may affect my child's participation.
- I acknowledge that the organizer may choose to cancel the program/event if ski conditions are deemed unsafe. I accept that the organizer will not be liable for any costs associated with such a cancellation.
- I acknowledge that the program/event organizers may secure transport to emergency medical services as they deem necessary for my child's immediate health and safety, and that I shall be financially responsible for such services.
- Based on my understanding, acknowledgement, and consents as described herein, I agree that  
(Name of Participant) \_\_\_\_\_ (Date of Birth) \_\_\_\_\_  
has my permission to participate.  
Date: \_\_\_\_\_ Name (Please print): \_\_\_\_\_ Signature: \_\_\_\_\_

Submit to:

Competition Secretary  
Fax (toll free) 877-628-4620



**PARENT/GUARDIAN ACKNOWLEDGEMENT OF RISK AND CONSENT**

**EMERGENCY MEDICAL INFORMATION** (Write below or attach a separate page if more space is needed)

Participant Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Alberta Health Care No.: \_\_\_\_\_

Allergies (e.g., specific drugs, certain foods, insect stings, hay fever) Specify:  
\_\_\_\_\_

Reaction(s) to above?  
\_\_\_\_\_

Carries Epi pen?  Yes  No    Carries Ana Kit?     Yes  No

Medical/physical conditions that may affect participation in the stated program/event (e.g., recent illness or injury, recent hospitalization or surgery, chronic conditions, phobias, etc.). Be specific:  
\_\_\_\_\_  
\_\_\_\_\_

Specify the condition(s) and requirements for program/event modification or specific activities your child should not participate in:  
\_\_\_\_\_  
\_\_\_\_\_

Medication(s) taken at this time (name, reason, dosage, storage, potential side effects/treatment of such):  
\_\_\_\_\_  
\_\_\_\_\_

Other Health/Medical/Dietary Concerns:  
\_\_\_\_\_  
\_\_\_\_\_

Emergency Contacts:  
1) \_\_\_\_\_ Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_  
\_\_\_\_\_ Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

Name of Physician \_\_\_\_\_  
Phone # \_\_\_\_\_

Parent/Guardian who is filling out and signing this form:

Name (please print) \_\_\_\_\_ Signature \_\_\_\_\_

Submit to:  
Competition Secretary  
Fax (toll free) 877-628-4620



## G. ACCOMMODATIONS

There are numerous options for hotel / motel accommodation in Edmonton or Sherwood Park. Note that while some hotels may appear close to the race venue, those that are north of the river may not be as close as they look.

The official race hotel is the Four Points Sheraton Edmonton South. A block of rooms have been reserved at a preferred rate. Please contact the hotel directly (information below) to make a reservation and ask for the “Nordic Ski Club Rate”.



7230 Argyll Road  
Edmonton, Alberta  
T6C 4A6  
Phone: 780-465-7931  
e-mail: [info@fourpointseds.com](mailto:info@fourpointseds.com)