



# ***CASTLEGAR NORDIC CLUB 26<sup>th</sup> ANNUAL FUN "TROLL LOPPET"***

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## **Cross Country Ski Marathon Sunday, February 12<sup>th</sup>, 2012**

**Start Time: 9:00 a.m. at the Viking Centre**

**Registration:**

1. At Source for Sports (Mallard's) in Castlegar by Friday, February 10<sup>th</sup>;
2. At Mud Lake to attendant by Sunday, February 5<sup>th</sup>;
3. Online at Zone 4 [www.zone4.ca](http://www.zone4.ca) ;
4. Email Audrey at [trolloppet@gmail.com](mailto:trolloppet@gmail.com) ;
5. At Loppet start at Mud Lake, 8:00 - 8:30 am (\*note fees below)

**Registration Fee:** Adults: \$10 kids\* (under 18): \$5  
\* Children under 10 must be accompanied by an adult

**Day of Loppet Registration Fee:** Adults: \$15 kids\* (under 18): \$10

**Course:** The Paulson cross-country ski trails are classic technique; the lower loops are often double set while the upper loops are usually a single track. Maps will be provided for the longer distances at the start as the courses will be determined by snow conditions.

**Classes:** Super Tiny Trolls: 2km loop around Mud Lake  
Tiny Trolls: 8 km on Ben Shaw Loop  
Super Trolls: 16 km on Ben Shaw Loop (2 loops)  
Bronze: 22 - descriptions for 20, 30 and 40 km on website  
Silver: 30  
Gold: 40

**All participants will receive a participation award; juice and snacks will be available at the finish.**

Please carry your own water for the Troll Loppet.

**THIS IS A PARTICIPATION EVENT, NOT A RACE;  
YOUR TIME WILL BE AVAILABLE FOR YOUR INFORMATION.**

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