



Castlegar Nordic Ski Club

Box 3213, Castlegar, BC V1N 3H5

CASTLEGAR NORDIC CLUB 26th ANNUAL FUN "TROLL LOPPET"

Cross Country Ski Marathon

Sunday, February 12th, 2012

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

Registration:

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

Early 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: 20 km descriptions for 20, 30 and 40 km on website
Silver: 30 km
Gold: 40 km

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.

Name: _____ Age: _____ Category: _____

Address: _____

City: _____ Postal Code: _____ Phone: _____

Email address: _____ Registration Fee: \$ _____

WAIVER: I recognize that cross-country skiing and ski marathons involve some risk, and I agree not to hold the Castlegar Nordic Ski Club or any of its executive members liable for any injury that may occur during this marathon.

Signature: _____ Date: _____