



# Castlegar Nordic Ski Club

Box 3213, Castlegar, BC V1N 3H5

[www.castlegarnordic.ca](http://www.castlegarnordic.ca)

## ANNUAL FUN "TROLL LOPPET"

Cross Country Ski Marathon

Sunday, January 21<sup>st</sup>, 2018

Start Time: 10:00 a.m. at the Viking Centre

### Registration Options:

1. At Mallard's Source for Sports in Castlegar, by Wednesday, January 17<sup>th</sup>
2. At the Viking Centre (Mud Lake), to the attendant by Sunday, January 14<sup>th</sup>
3. Online at the Zone 4 website, <http://zone4.ca/register>, by 6 pm, Saturday, January 20<sup>th</sup>
4. Email to Audrey at: [trolloppet@gmail.com](mailto:trolloppet@gmail.com) (and pay at Loppet start)
5. At the Loppet start at the Viking Centre (Mud Lake), 8:30 - 9:30 am

**Early Registration Fees:** Adults: \$10 / Kids\* (under 18): \$5

**Day of the Loppet Registration Fees:** Adults: \$15 / Kids\* (under 18): \$10

(\*NOTE: Children under 10 must be accompanied by an adult)

**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. Loppet route maps can be downloaded from our website. Maps will also be available for the longer distances at the Loppet start.

**Classes:**

Super Tiny Trolls:	2 km. loop around Mud Lake
Tiny Trolls:	8 km.
Super Trolls:	10 km.
Mega Trolls:	16 km.
Bronze:	20 km.
Silver:	30 km.
Gold:	40 km.

A description of the Loppet routes and route maps are available on the Club website at:  
[www.castlegarnordic.ca/2018-fun-troll-loppet](http://www.castlegarnordic.ca/2018-fun-troll-loppet)

**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: \_\_\_\_\_