



Castlegar Nordic Ski Club

Box 3213, Castlegar, BC V1N 3H5

ANNUAL FUN "TROLL LOPPET" REGISTRATION

Cross Country Ski Marathon

Sunday, January 20th, 2019

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

Registration Options:

1. At Mallard's Source for Sports in Castlegar, by Wednesday, January 16th
2. At the Viking Centre (Mud Lake), to the attendant by Sunday, January 13th
3. Online at the Zone 4 website at: www.zone4.ca by 6 pm, Saturday, January 19th
4. Email to: 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.
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

NEW this Year! SHUTTLE SERVICE 

Leaving Castlegar & District Community Complex at 7:45 am and 8:45 am; Returning at 1:30 pm and 3:00 pm. Fee: \$15 return
Pre-booking required: Text Sakiko at 250-608-2927

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 FUN 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: \$ _____
(Pay Shuttle Fees Separately to Operator)

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 event.

Signature: _____ Date: _____