



CASTLEGAR NORDIC SKI CLUB

P.O. Box 3213

Castlegar, B.C. V1N 3H5

Website: www.castlegarnordic.ca

Email: castlegarnordicski@gmail.com

ANNUAL FUN "TROLL LOPPET" REGISTRATION

Cross Country Ski Marathon

Sunday, January 22nd, 2023

Start Time: 10:00 a.m. at the Viking Centre (at Mud Lake)

Note: Space at the Mud Lake parking lot may be limited. Please plan to carpool if you are able.

Registration Options:

1. At Mallard's Source for Sports in Castlegar, by Thursday, January 19th
2. Online at the Zone 4 website at: www.zone4.ca by 6 pm, Saturday, January 21st
3. At the Loppet start at the Viking Centre (Mud Lake), from 8:30 - 9:30 am

Early Registration Fees: Adults: \$15 / Kids* (under 18): \$10

Day of the Loppet Registration Fees: Adults: \$20 / Kids* (under 18): \$15

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

Course: The Paulson cross-country ski trails are set for classic technique. Loppet routes and 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.
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

All participants will receive a participation award. Juice and snacks will be available at the Loppet finish. Please carry your own water bottle 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: \$ _____

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: _____