

SLEEPING GIANT 2010 **LOPPET** **THUNDER BAY • ONTARIO • CANADA**

RACE DAY INFORMATION

TICK TOCK, CHECK YOUR CLOCK!

Thunder Bay and Sleeping Giant Provincial Park are both in the Eastern Time zone and all times listed are **Eastern Standard Time (EST)**.

CONDITION UPDATES

For up to date information on snow conditions in Sleeping Giant Park and in the event of last minute cancellation or other event information, call the Thunder Bay Nordic Trails snow phone 625-5075.

GETTING TO THE RACE SITE

The Sleeping Giant Loppet is held in Sleeping Giant Provincial Park with the start at the Marie Louise Lake campground. Skiers will be able to drive to the race site, but car pooling is encouraged. Participants in the 35 km event should identify themselves to parking volunteers and park in the first available lot.

TOTAL TRAVEL TIME: 1 1/2 to 1 3/4 hrs

(adjust for adverse weather conditions)

Travel east from Thunder Bay on Highway 11/17 to the Pass Lake turn off at Highway 587. From there, it is approximately 35 km to the Marie Louise Lake campground.

Distance from the Best Western Nor'Wester Resort Hotel to Pass Lake turn off is 55 km (approx. 45 minutes). Allow approximately 45 minutes to travel the 35 km from the Pass Lake turn off to the start area. With all driving times, allow for road and weather conditions. Allow 10 minutes to walk to the start area after parking.

CHANGING YOUR DISTANCE

Skiers may change their event distance up to 30 minutes before the start of the event using a written request form available at kit pick up or at the race office at Sleeping Giant Park. Skiers who change their distance during the race will be listed in the results as DNF for the event in which they are registered.

PARKING AND ROAD CLOSURES

If you drive to the race site, you will be directed by volunteers to park in the Marie Louise Lake campground. Participants are not allowed to park on the road. Individuals entered in the 35 km distance should identify themselves to parking volunteers and park in the first available lot. All participants should arrive and park their vehicles prior to 9:15 am EST.

The event course crosses the road in the park at several points. Expect limited, slow crossing after 9:15 am.



CHANGE FACILITIES and CLOTHING BAGS

Heated facilities are available inside the Visitors' Centre for changing. Since your kit bag is marked with your bib number, please bring it to the race site to use for warm up clothing. Place your clothes in the bag at the start line and reclaim it from the finish area after your ski. Clothing bags may be left in the designated start area or in the Visitors' Centre theatre only. Organizers are not responsible for lost or stolen items.

FREE SKIING AT KAMVIEW FOR LOPPET PARTICIPANTS

If you're registered for the Sleeping Giant Loppet, you can enjoy free skiing at Kamview Nordic Centre on Friday March 5 and Sunday March 7.

CHIP TIMING

Every participant must wear the ChampionChip timing chip contained in this kit package around their ankle. Passing through the initial start checkpoint initiates the chip and enters the participant's bib number in the system. Timing systems will be set up along the course to ensure that every participant completes the course. Skiers are responsible for returning the timing chip at the finish line. Volunteers will be there to help you. A \$40.00 fee will be charged for timing chips not returned.

Order of finish is determined by chip time except in the 50km free technique event where gun time to first across the finish line will determine the top three male and female finishers.

START INSTRUCTIONS

Chip timing allows for wave starts which will begin with the 50 km classic technique event at 9:30 am EST. The next wave will start approximately 1/2 hour later, with subsequent waves following every five minutes (see chart.)

Skiers are asked to seed themselves appropriately depending on their skiing ability and distance entered, with the competitive 50km free technique skiers in the front of the first wave. Participants are not allowed in the start area until marshalled in by officials. A warm up/wax testing area will be provided.

It is recommended that participants double-pole the first 100 metres of the event and use caution when rounding the first corner.

35km skiers will be starting from Checkpoint 2 and will be bussed from the Park road crossing. The bus will leave at approximately 10:05am EST. For more information on the 35km start, see below.

Start times listed are approximate and are subject to change.

35 km START INSTRUCTIONS

Participants in the 35 km distance will be starting from Checkpoint #2. There is **NO parking at the 35 km start area** for participants or spectators and bussing from the road crossing in Marie Louise Lake Campground is **mandatory**. Participants should park in the first available lot and then walk to the bus pick-up location. The bus will be parked at the road crossing just beyond the park Gatehouse. It will be ready for boarding at 9:30 am but will leave the park after the initial wave of 50km skiers cross the road. This will be at approximately 10:05 am. The bus will proceed along HWY 587 to a position just beyond the first 50 km road crossing.

It will stop to allow the opportunity to view the skiers cross the road and will then continue to Checkpoint 2.

The 35km event will begin after most of the 50km skiers pass Checkpoint 2. It is anticipated that the start will be between 11:15 and 11:30 am. It is likely that 35km skiers will need to be "folded" onto the course to avoid disrupting the 50km skiers. Your patience will be appreciated. Please note that your start time will be determined by the volunteers starting the waves with your finish time being recorded by your chip. Although the event is timed, it is not a race and no awards will be presented.

Be sure to wear warm outer clothing and footwear to stay comfortable during the bus ride. Extra clothing can be packed in your kit bag which is marked with your bib number and left in the bus. Bags will be returned to the finish line.

The 35 km event ends at the regular finish area where you can change and enjoy some post race food and catch up with friends.

	Approx. Start Time (EST)	Est. time to complete 50km	Est. time to complete 20 km
Wave 1	9:30 am	All classic skiers	-
Wave 2	10:00 am	Less than 3.25 hours	Less than 1.25 hours
Wave 3	10:05 am	All others	Less than 1.75 hours
Wave 4	10:10 am	-	All others
Wave 5	10:15 am	All 8km Mini-Loppet skiers	

ON THE COURSE

Course: All courses will be set with classic tracks for the entire length. Please honour the tracks. Only the 50km classic event will have classic results tabulated separately from the free technique participants. All distances, including the recreational 8km Mini Loppet and 20km events, finish along the same corridor. Skiers should anticipate a variety of skier ability along this final stretch and respond accordingly.

50km Classic Technique: Classic technique must be used on the entire course including the start/finish area where no track may be available. Double pole where necessary.

Checkpoints: Check the course map for the location and number of checkpoints for each distance. Participants will find Gatoraid, water, chocolates and cookies at the Checkpoints and there will be access to first aid. All checkpoints

and road crossings have spare poles and wax. Checkpoints 1 and 2 and 3 also have portable toilets. In case of emergency, all Checkpoints are in communication via radio.

Cut-off times: The Loppet must be completed by 4:30 pm Eastern Standard Time. Skiers entered in the 50 km categories (both Free Technique and Classic) who have not passed the 12km mark by 11:30 will not be allowed on the Pickerel Lake Trail to complete the 50 km event and will be directed to complete their ski on the 20 km route. Skiers expecting to complete 50 km should position themselves in the first or second wave to ensure they get to the cut off in time.

Drop-Outs: Individuals who are not able to complete their course for whatever reason, or decide to drop down to a shorter distance, must inform the volunteers at the finish line and provide them with their bib number. Chips must be returned to finish line volunteers.

AWARDS AND PRIZES

Live Results!

New for 2010. Results will be updated to www.sleepinggiantloppet.ca from the race site throughout the day.

Awards for the top three finishers in the 50km Free technique, 50km Classic technique and 20km open technique events will be presented at Sleeping Giant Provincial Park at 1:00 pm. Age group awards, in 5 year spans, the Fresh Air Experience School Award, Richard Irrgang Award and Alf Petrone Award will be presented on Sunday, March 7 at 1:00 pm (EST) at Kamview Nordic Centre.

50 km Free Technique Event

Fastest male \$1000

Fastest female \$1000

Second place male and female finishers will receive prize packages provided by our sponsors with an approximate value of \$500 each.

Third place male and female finishers will receive free entry into the 2011 event, including accommodations for two nights at the Best Western Nor'Wester Resort Hotel.

Top finishers in this category are determined based on gun start and first across the finish line,

50km Classic and 20km Free Technique

Awards will be presented to the top three finishers overall in both the 50 km Classic and 20km Free Technique event. Although the 35km distance event will be timed, no prizes or awards will be presented as this remains a non-competitive distance.

Age Awards will be presented at Kamview Nordic

Centre on Sunday, March 7 at 1:00 pm. These include:

- Youngest Skier in the 10 km distance
- Oldest Skier in the 10 km distance
- Youngest Skier in the 20 km distance
- Oldest Skier in the 20 km distance

Awards are also presented to the fastest male and female based on age categories in the 20 km and 50 km distances.

Alf Petrone Award

Presented to the fastest skier in the 50 km distance over the age of 70.

Richard Irrgang Award

Presented to the fastest skier in the 50 km distance between the ages of 60 and 70.

Fresh Air Experience School Award

Presented to the elementary, secondary, or post-secondary school with the highest number of kilometers skied by participating students and teachers. All distances can be included.

FOOD VENDORS

Skiers and spectators can enjoy hot food and beverages from on-site local vendors. **The Great Northwest Coffee Company** will offer hot beverages including coffee, lattes, tea, steamers and apple cider, and muffins. **Salt and Pepper Catering** will offer grilled chicken sandwiches, pulled pork on a bun, roast beef on a bun, hot dogs, French fries and beverages. Remember to tuck a few dollars into your ski tights!

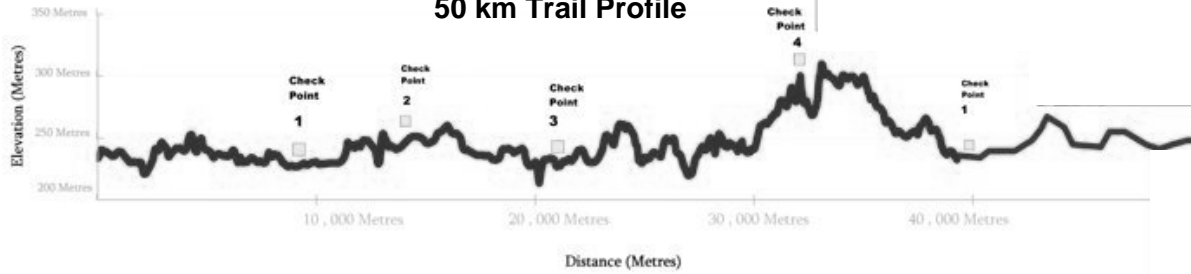
UNSUITABLE WEATHER CONDITIONS

In the event of very heavy snowfalls or extremely cold temperatures, check the Sleeping Giant Loppet website, listen for updates on local radio stations or call the snow phone at 625-5075. Loppet policy states that snowstorms, high winds and temperatures below -22°C may force a delay or cancellation of the event. The decision of the Race Jury will be final and no refund of entry fees will be given. Every effort will be made to hold the event at a later date.

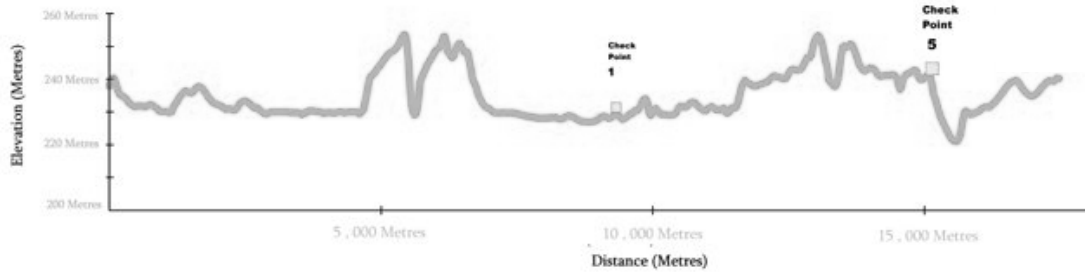
WINNING THE \$1000

The first male and female finisher of the 50km Free Technique event will receive a \$1000 cash prize. Other prizes will be awarded to the 2nd and 3rd place finishers (see Awards.) The competition will begin with the sounding of the start horn and the winner will be determined as the first individual to cross the finish line having completed the full 50km distance. The jury's decision is final on determining the winner.

50 km Trail Profile

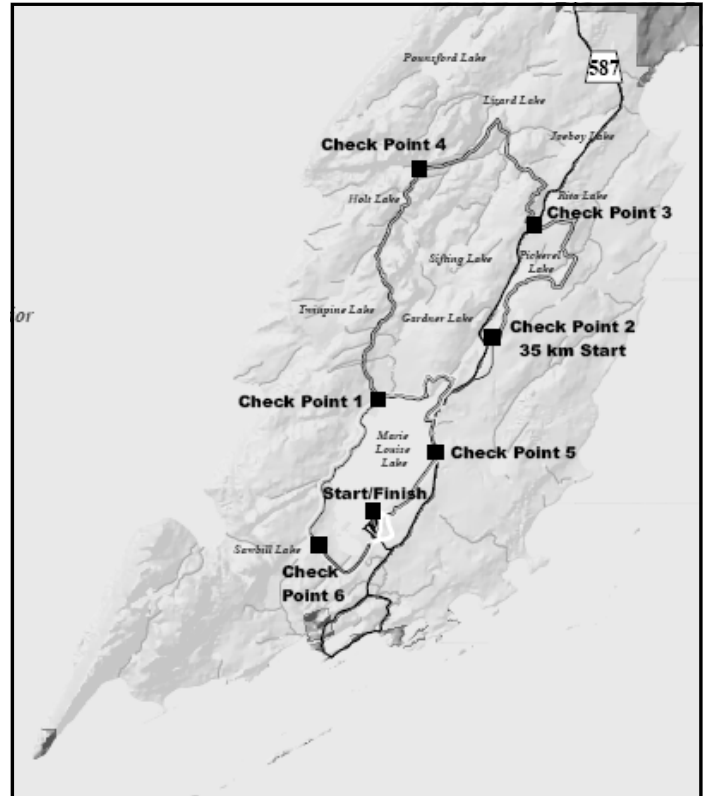


20 km Trail Profile



Checkpoint Locations

Check-point	Course			
	8km	20km	35km	50km
1	-	9km	24km	9km and 39km
2	-	-	Start	15km
3	-	-	7km	22km
4	-	-	17km	32km
5	-	15km	30km	45km
6	4km	-	-	-



SLEEPING GIANT LOppet

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Gold Sponsors:



Event Hotel:



Bronze Sponsors:



Silver Sponsors:

