

# SLEEPING GIANT 2011 LOPPET

THUNDER BAY • ONTARIO • CANADA

**FREE SKIING AT  
KAMVIEW FOR  
LOPET PARTICIPANTS**  
Friday March 4 and  
Sunday March 6.

## 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.

Thanks to a Celebrate Ontario Grant we have free bussing available. One bus will leave the Nor'Wester at 7:00 am and meet a second bus at Confederation College in parking lot 'D' (closest to the Art Gallery). Both buses will leave the College at 7:30 am with an intended arrival time at the Park of 9:00 am. There is no charge to park at the College. After the event, one bus will depart at approximately 1:30, the other at 2:30. Regardless, no one will be left behind. Due to the earlier start time for the 50km Classic, the bus is not recommended. The shuttle buses from the Park for the 35km event will not leave until the Park n' Ride busses arrive. To reserve a seat on the bus e-mail [info@sleepinggiantloppet.ca](mailto:info@sleepinggiantloppet.ca)

**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.

### 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. Kit bags will not be marked with your bib number. You are welcome to use a marker at kit pickup to write your name on your bag if you plan to use it for warm-up clothing at the start. 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.

## 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 9:00am EST. For more information on the 35km start, see below.

Start times listed are approximate and are subject to change.

	Approx. Start Time (EST)	Est. time to complete 50km	Est. time to complete 20 km
35km event (starts from Checkpoint #2)	9:30 am	-	-
Wave 1 Classic	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	

## 35 km START INSTRUCTIONS

Participants in the 35 km distance will be starting from Checkpoint #2 at 9:30. 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 8:30 am and will leave the park at 9:00am and will travel to Checkpoint # 2. The bus ride to the 35km start is less than 10 minutes. Your warm-up clothing will be returned to the start by the 35km volunteers.

Please note that start time will be determined by volunteers starting the waves, with your finish time being recorded by chip. Your patience will be appreciated. Although the event is timed, it is not a race and no awards will be presented.

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.

## 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 Gatorade, water, chocolates and cookies at the Checkpoints and there will be access to first aid. Checkpoint volunteers will have scissors to assist with gel packs. Please do not discard gel packs along the trail, other than at checkpoints. 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!** Results will be updated to [www.sleepinggiantloppet.ca](http://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 Saturday, March 5 at 9pm (EST) at the Best Western Nor'Wester Resort Hotel, after the Beckie Scott presentation.

### 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 the Beckie Scott Celebration on Saturday, March 5th at approximately 8:45pm EST. 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. **Sweet Pea Catering** will offer a variety of hot and cold items. 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.

## 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.

## BECKIE SCOTT CELEBRATION

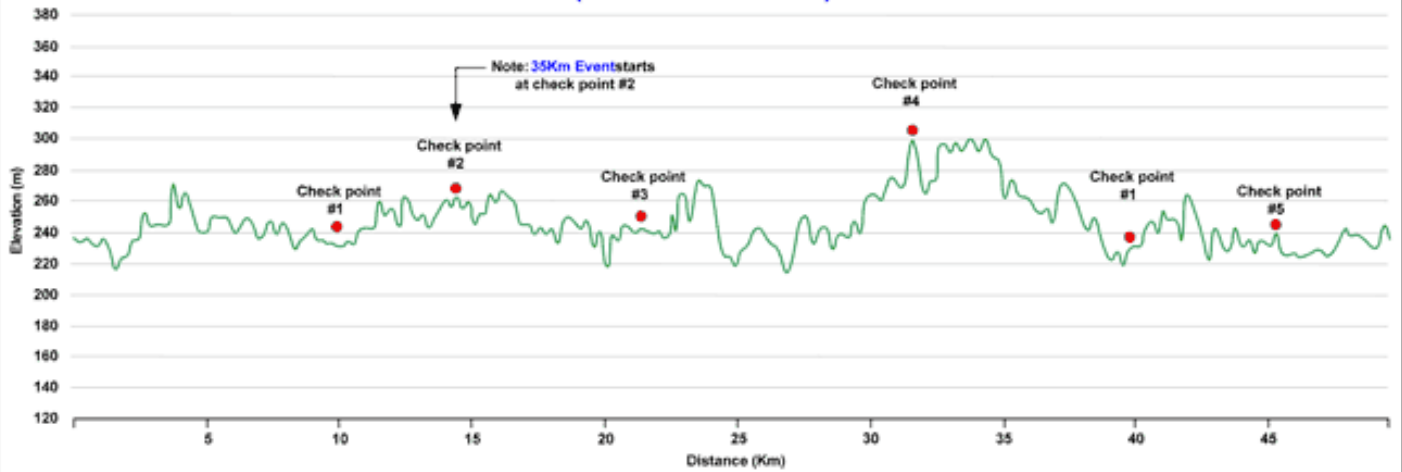
Beckie Scott Celebration will be held at the Best Western Nor'Wester Resort Hotel starting at 7pm EST. There will be beef on a bun, desserts and a cash bar. Beckie Scott will make a presentation about her Nordic Skiing career and age group and special awards will be presented. Tickets are \$15.00 for adults and \$10.00 children.

# Sleeping Giant Loppet

## 50 Kilometre Profile

### (35 Kilometre Profile)

Elevation

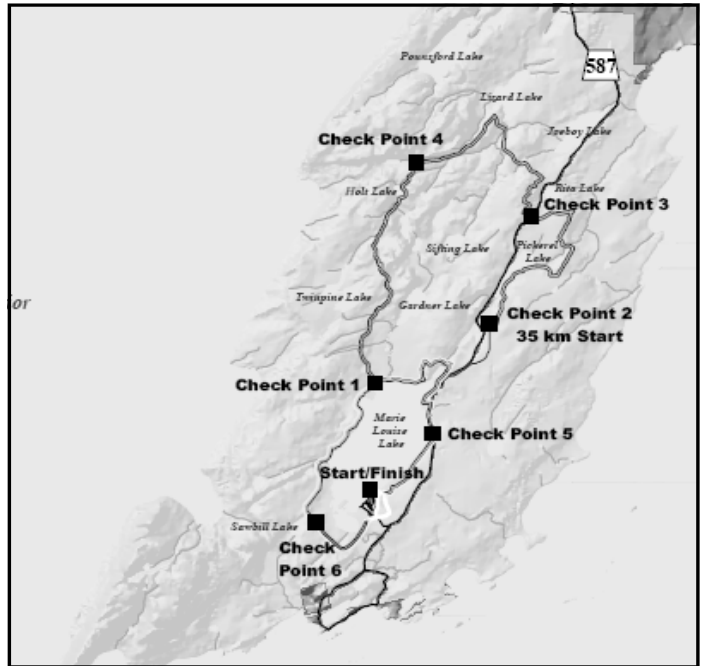
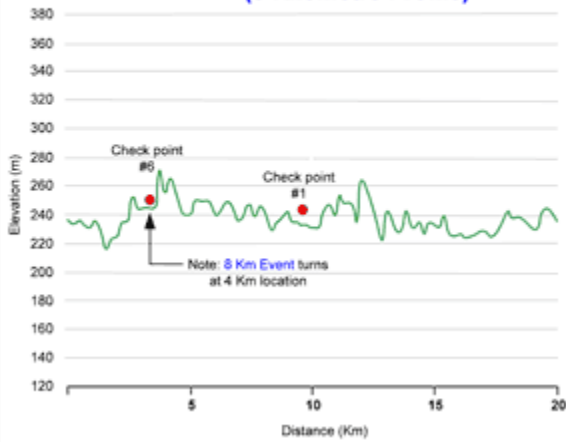


# Sleeping Giant Loppet

## 20 Kilometre Profile

### (8 Kilometre Profile)

Elevation



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Presented By:

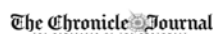


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