

SLEEPING GIANT 2017 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 285-0801.

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.

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 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.

PARK n' RIDE: \$10.00 for adults, FREE for children and students. One bus will leave from the Best Western Nor'Wester Hotel at 7:00am and travel to Confederation College. All buses leave Confederation College (parking lot close to Thunder bay Art Gallery) at 7:30am with an intended park arrival time of 8:45am. Skiers can park and ride from either the Nor'Wester or the College. After the Loppet, buses will leave at 1:00pm 2:00pm and 3:30pm or after the last person riding the bus finishes their event. No one will be left behind. All buses will return to both the College and Nor'wester if required.

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. Individuals entered in the 35 km distance should arrive at 8:30am and identify themselves to parking volunteers and park in area 3. Your bus to the 35km start will leave from the Park office at 9:00am. **All other participants should arrive and park their vehicles prior to 9:00 am EST. Late arrivals must park at the Park office and walk to the start.**



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 write your name and number 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.

FREE SKIING AT KAMVIEW FOR REGISTERED LOppet PARTICIPANTS

You can enjoy free skiing at Kamview Nordic Centre on Friday March 3 and Sunday March 5.

CHAMPION CHIP TIMING

Every participant must wear the Champion Chip timing chip contained in this kit package **around their ankle**. Passing under the start banner 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 \$25.00 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 and skiathlon 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 Wave 2. 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 Office. 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.

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 Park Office in Marie Louise Lake Campground is **mandatory**. Participants should park in parking area 3 and then walk to the bus pick-up location. The bus will be parked at the Park Office. It 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. Do not leave any items on the bus.

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.

SKIATHLON START INSTRUCTIONS

The skiathlon event is timed and listed separately in the results with small awards to the first three male and female skiers. Start is at 9:30am along with the 50k classic. Classic technique is used for the first 22km and free technique for the final 28km. The change over takes place after crossing the road at checkpoint #3. Stop at the park office parking lot on arrival. Arriving around 8:30am would be best. Leave your free technique equipment with the volunteer at the marked truck. Having equipment in a clearly marked bag(s) would help. A hotshot hand warmer in each boot may be helpful. The volunteer will transport your equipment to checkpoint #3. Proceed to park and walk to the start area. Your classic equipment will be returned to the start area. Retrieve it from the truck close to the podium.

WAVE START TIMES

	Approx. Start Time (EST)	Estimated time to complete 50km	Estimated time to complete 20 km
Wave 1	9:30 am	50km Classic & Skiathlon skiers	No 20km skiers
Wave 2	10:00 am	Expert 50km skiers-Less than 3.25 hours	Expert 20kmSkiers-Less than 1.25 hours
Wave 3	10:05 am	All others 50km skiers	Less than 1.75 hours
Wave 4	10:10 am	-	All others 20km skiers
Wave 5	10:15 am	All 8km RBC Mini-Loppet skiers	
Wave 6	10:20am	All skiers pulling chariots	

CHANGING YOUR DISTANCE

Skiers may change their event distance at the timing trailer up to 30 minutes before the start of the event Sleeping Giant Park. Skiers who change their distance during the race will be disqualified and not listed in the results.

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 abilities 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 will have spare poles and wax. Checkpoints 1,2,3 and 5 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

AWARDS AND PRIZES

Live Results! Results will be updated to www.sleepinggiantloppet.ca

Attendance Award Draw for registered Northwestern Ontario residents, of the one-year lease of a Nissan Rogue, will be announced at Sleeping Giant Loppet Social and Awards at 7:30pm at Sleeping Giant Brewery.

Awards for the top three finishers in the 50km Free technique, 50km Classic technique and 20km open technique events will be presented at the awards and social on Saturday evening at 7:30pm.

50 km Free Technique Event

Fastest male: \$1000 courtesy of Halfway Motors

Fastest female: \$1000 courtesy of Halfway Motors

Second place male and female finishers will receive \$500 courtesy of Halfway Motors.

Third place male and female finishers will receive \$250 courtesy of Halfway motors.

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

50km Classic Event

Gift certificates for Icebreaker clothing packages from Gear-Up for Outdoors will be presented to the top three male and female finishers overall in the 50 km Classic.

8km, 20km, Skiathlon event 1st, 2nd & 3rd place finishers will receive a local pottery keepsake.

Although the **35km distance event** will be timed, no prizes or awards will be presented, it remains non-competitive.

Age Group Winners in 5 year spans and Special Award Winners will be awarded a Loppet toque at 7:30pm at the Saturday night social.

Fresh Air School Award: A unique pottery platter from Island Pottery. Presented to the high school with the highest number of kilometers skied by participating students and teachers. All distances can be included.

Flashback Award: The skier with the best "Retro" ski outfit will be awarded some Walleye swag and a Rollin' Thunder gift certificate.

Woodymakeit Award : Awarded to the fastest skier to complete the 50km event on wood skies.

FOOD VENDORS

Skiers and spectators can enjoy hot food and beverages from an on-site local vendor **Pinetree Catering**. They'll offer hot beverages and food items including: coffee, apple cider, chili, veggie burgers, sausages, soup and cookies. 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 807-285-0801. 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.

NEW SATURDAY SOCIAL & AWARDS

6:30pm -10:00pm Saturday, March 4th.

Sleeping Giant Brewery - Free admission

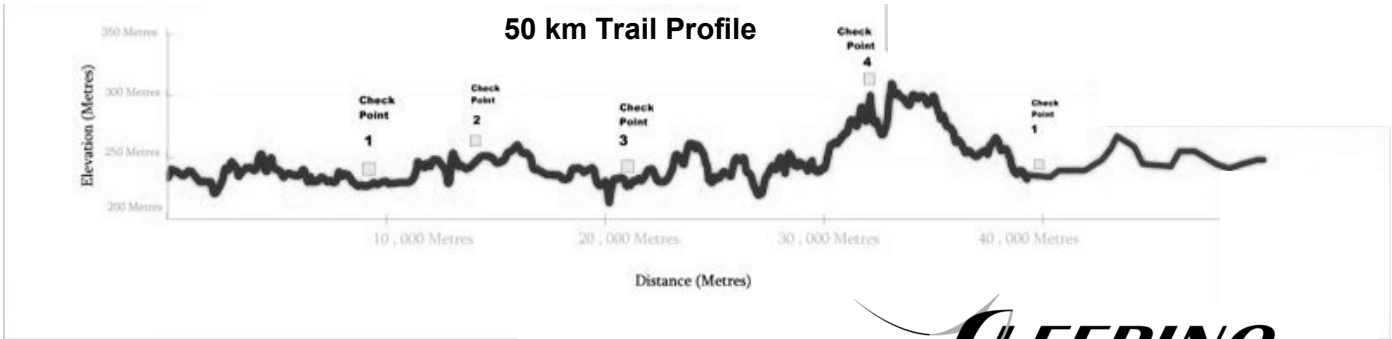
All champion and age group awards will be presented starting at 7:30pm

Tap room open - \$5.00 pints, \$3.00 half-pints

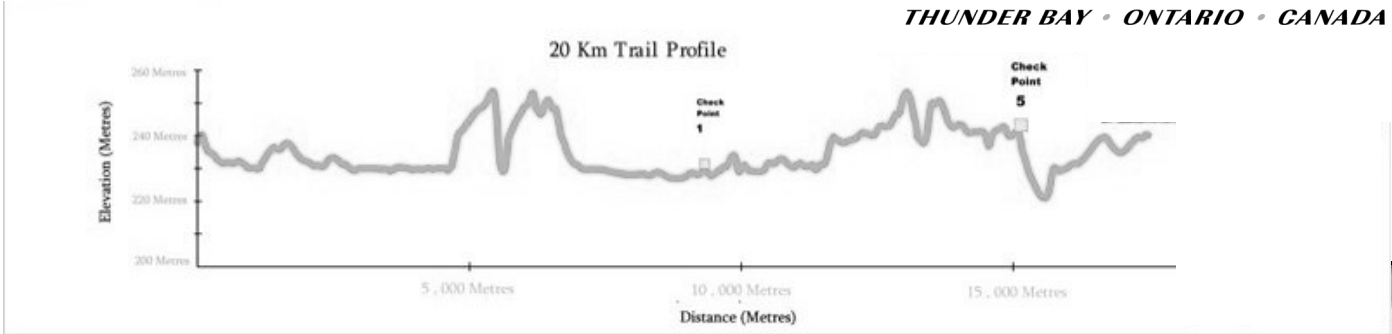
Pinetree Catering on-site for food vending

Self-guided brewery tours available

Separate children's area with movie and kids menu available.



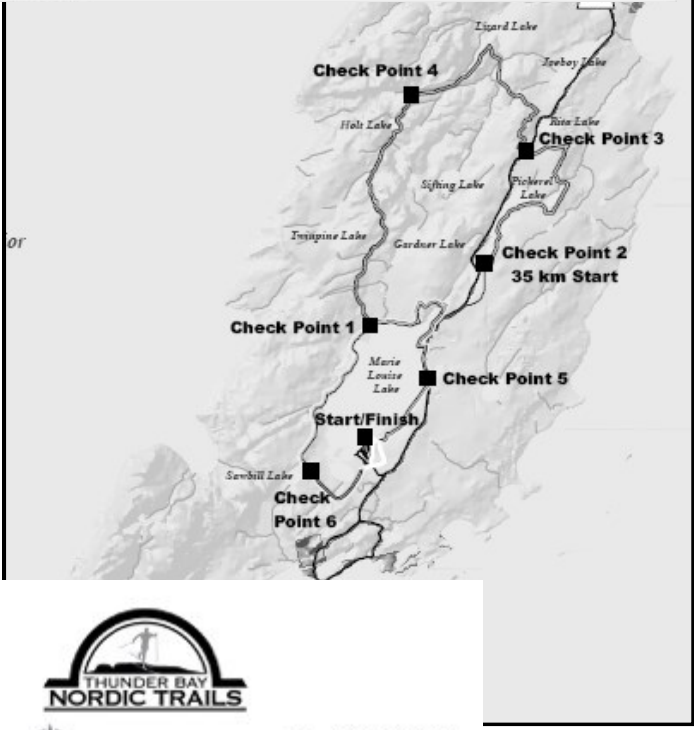
20 km Trail Profile



SLEEPING GIANT LOppet

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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	-	-	-



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