



# The Muskoka Loppet

*a classic tradition*

Arrowhead Nordic Ski Club, with the help of our Sponsors, Arrowhead Provincial Park, and many volunteers, welcomes you back! Whether you are a racer, recreational skier, or fitness enthusiast why not take the opportunity to enjoy the scenic beauty of Arrowhead in its winter splendour. We hope to see you here!

- **Where:** Arrowhead Provincial Park, Huntsville, Ontario
- **When:** Sunday January 22, 2012
- **Registration:**
  - Forms are at [www.arrowheadnordic.ca](http://www.arrowheadnordic.ca) – register online, by mail, or in person on race day.
  - Race day registration closes at 9:30 am, January 22, 2012; on-line registration must be completed by 20:00 EST, Friday January 20, 2011. Bibs must be picked up by 9:30 am on race day.

- **Entry Fees: Early Bird Special:** Register before January 15, 2012 midnight for lower prices!

| Category  | Early Entry Fee | Standard Entry Fee |
|---|-----------------|--------------------|
| 15/30 km Race Adults<br><small>Includes Day Insurance</small> | \$25.00         | \$35.00            |
| Arrowhead Nordic Ski Club Members                             | \$20.00         | \$30.00            |
| Adult Social (approx. 6 km)                                   | \$15.00         | \$20.00            |
| Youth under 19 - any race                                     | \$10.00         | \$15.00            |

Please note that we do not accept credit cards or debit cards on race day. Parents skiing with children need to register.

- **Course Description: This is a classic race –skating is not allowed**
  - Short loop – Easy – approximately 6 km, classic
  - 1 loop (15KM event) - Medium Level Difficulty, classic
  - 2 loops (30KM event) - Medium Level Difficulty, classic
- **Feed Stations:** There will be 2 feed stations on course for each 15KM loop.
- **Prizes and Awards:**
  - Prizes will be awarded to the top three finishers in each category. See [www.arrowheadnordic.ca](http://www.arrowheadnordic.ca) for a full list of categories.
  - There will also be draw prizes! Anyone could walk away a winner!
  - Awards will start at the Arrowhead Nordic club house after most skiers have finished each race.
- **Race Day Details:**
  - Allow 15 minutes to ski or take shuttle from the parking lot to the ski area.
  - No registrations will be taken after 9:30 AM
  - The 30 km race begins at **10:30 AM** followed by the 15 km and 6 km races at 3 minute intervals.
  - The course is subject to change, without notice, due to weather and snow conditions.
  - Unheated privies are available near the start line, and heated flush toilets are available in the upper part of the park. There will be a women's change tent. Bring a duffle bag or knapsack in which to store gear since indoor storage space is extremely limited.
  - Ski patrollers and course controllers will be available, and you must notify an official if you discontinue the race at any time.
  - **LUNCH is included with your registration fee!**
  - There is a \$50 charge for race bibs which are not returned.
  - 30 km racers who have not completed their first lap in 2 hours will be asked to discontinue the race.
- **Cancellation** due to inappropriate snow and trail conditions or cold weather will be announced by Friday January 20, 2012. Please check our website. There is no raindate.
  - **In case of cancellation** refunds will be mailed out, less a \$5 administration fee.