



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 27, 2019
- **Registration:**
 - Register online at www.arrowheadnordic.ca
 - Register before **Sunday, January 20, 2019, 11:59 pm** for **early bird fee**.
 - On-line registration closes at 11:59 pm, **Thursday, January 24, 2019**. **Please note that you can NOT register on race day.** Everyone must register before Thursday, Jan 24.
 - Bibs must be picked up by 9:30 am on race day.

Category	Early Entry Fee	Standard Entry Fee
15/30 km Race Adults	\$40	\$50
Arrowhead Nordic Ski Club Members	\$35	\$45
Adult Social (approx. 5 km)	\$20	\$25
Special Olympic racers	\$20	\$25
Youth 19 or under in the 15/30 km race	\$20	\$25
Kids' 5 km race	\$15	\$20

Parents skiing with children need to register as adult social skiers if they wish to ski on the course.

- **Course Description: This is a classic race – skating is not allowed**
 - 5 km Race (approximately)- Short loop – Medium Difficulty – social skiers, kids, & Special Olympic racers
 - 15 km Race - 1 loop - Medium Level Difficulty
 - 30 km Race - 2 loops - Medium Level Difficulty
- **Feed Stations:** There will be 2 feed stations on the 15 km loop and a Cookie station on the 5 km loop.
- **Prizes and Awards:**
 - Medals will be awarded to the top three finishers in each category. See full list of categories below.
 - There will also be draw prizes.
 - Awards will start near the Visitor Center after most skiers have finished each race.
- **Race Day Details:**
 - **Bibs must be picked up before 9:30 AM**
 - Mass starts begin at **10:30 AM** with waves going out at 3 minute intervals.
 - You must notify a course official if you discontinue the race at any time.
 - There is a \$50 charge for race bibs which are not returned and \$60 charge for unreturned timing chips.
 - 30 km racers who have not completed their **first lap in 1.5 hours** will be asked to discontinue the race.
- **Weather Considerations:**
 - The course is subject to change, without notice, due to weather and snow conditions.
 - **In case of very cold weather**, start time may be delayed by up to 1 hour. Skiers will be given as much notice as possible. **Cancellation due to poor trail conditions or extreme cold weather** will be announced by Friday, January 25 (barring unpredicted weather changes.) Please check our website. There is no rain date. Refunds will be mailed out, less a \$5 administration fee.



• **Facilities**

- Main parking lot is at P1 – Birches Parking Lot. Additional parking is located at P2 (Arrowhead Lake) and P4 (Ice Skating Trail)
- Warm up areas are in the Visitor Center (black square) and Picnic Pavilion (small rectangle) located near A
- Washrooms are located in the Visitor Center at A
- Additional washrooms and showers are located near P4
- Start and finish are at B
- **LUNCH is included with your registration fee** and will be served in the Visitor Center
- Bring a duffel bag or knapsack in which to store gear since indoor storage space is extremely limited. We ask that you do not bring bags into the main room of the Visitor Center.

Age Categories

Race		Age as of Dec 31, 2018	Year of birth (2019 Comp Year)
5 km race	Youngest girls	4-5	2013-2014
	Atom girls	6-7	2011-2012
	Pee Wee girls	8-9	2009-2010
	Mini-Midget girls	10-11	2007-2008
	Midget girls	12-13	2005-2006
	Juvenile girls	14-15	2003-2004
	Youngest boys	4-5	2013-2014
	Atom boys	6-7	2011-2012
	Pee Wee boys	8-9	2009-2010
	Mini-Midget boys	10-11	2007-2008
	Midget boys	12-13	2005-2006
	Juvenile boys	14-15	2003-2004
	Social ski Women	16 and over	2001 and before
Social Ski Men	16 and over	2001 and before	
Special Olympic women	Any age		
Special Olympic Men	Any age		
15 km race	Midget girls	12-13	2005-2006
	Juvenile girls	14-15	2003-2004

	Junior girls	16-17	2001-2002
	Junior women	18-19	1999-2000
	Senior women	20-29	1989-1998
	Women 30-39		1979-1988
	Women 40-49		1969-1978
	Women 50-59		1959-1968
	Women 60-64		1954-1958
	Women 65-69		1949-1953
	Women 70-74		1944-1948
	Women 75-79		1939-1943
	Women 80+		1934-1938 &older
	Midget boys	12-13	2005-2006
	Juvenile boys	14-15	2003-2004
	Junior boys	16-17	2001-2002
	Junior men	18-19	1999-2000
	Senior men	20-29	1989-1998
	Men 30-39		1979-1988
	Men 40-49		1969-1978
	Men 50-59		1959-1968
	Men 60-64		1954-1958
	Men 65-69		1949-1953
	Men 70-74		1944-1948
	Men 75-79		1939-1943
	Men 80-84		1934-1938
	Men 85+		1929-1933 &older
30 km race	Juvenile girls	14-15	2003-2004
	Junior girls	16-17	2001-2002
	Junior women	18-19	1999-2000
	Senior women	20-30	1989-1998
	Women 30-39		1979-1988
	Women 40-49		1969-1978
	Women 50-59		1959-1968
	Women 60-64		1954-1958
	Women 65-69		1949-1953
	Women 70-74		1944-1948
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