



# 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 26, 2020
- **Registration:**
  - Register online at [www.arrowheadnordic.ca](http://www.arrowheadnordic.ca)
  - Register before **Sunday, January 19, 2020, 11:59 pm** for early bird prices.
  - On-line registration closes at 11:59 pm, **Thursday, January 23, 2020. Please note that you can NOT register on race day.** Everyone must register before Thursday, Jan 23.
  - Bibs must be picked up by 9:30 am on race day.

Category	Early Bird Fee	Standard Entry Fee
15/30 km Race Adults	\$40	\$50
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 - (approximate distance)- Medium Level Difficulty
  - 30 km Race - 2 loops - (approximate distance)- 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 be held in 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 24 (barring unpredicted weather changes.) Please check our website. There is no rain date. Refunds will be mailed out, less Zone4 fees and a \$5 administration fee.



• **Facilities**

- Main parking lot is at P1 – Birches Parking Lot. Additional parking is located at P2 (Arrowhead Lake Parking Lot) and P4 (East River/Skating Parking)
- 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 duffle 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.

• **Waxing**

- Arrowhead Provincial Park has a beautiful new Visitor Centre and a Pavilion equipped with a waxing room. There are 5 ventilated waxing stations.
- Clubs are welcome to set up their own waxing tent and waxing area. Power is available on the outside of the Pavilion. Please contact the race organizers if you wish to have a spot reserved for you.

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Race	Age Categories	Age as of Dec 31, 2019	Year of birth (2019/20 Comp Year)
5 km race	U6 girls	4-5	2015-2014
	U8 girls	6-7	2013-2012
	U10 girls	8-9	2011-2010
	U12 girls	10-11	2009-2008
	U14 girls	12-13	2007-2006
	U16 girls	14-15	2005-2004
	U6 boys	4-5	2015-2014
	U8 boys	6-7	2013-2012
	U10 boys	8-9	2011-2010
	U12 boys	10-11	2009-2008
	U14 boys	12-13	2007-2006
	U16 boys	14-15	2005-2004
	Social ski Women	16 and over	2003 and before
	Social Ski Men	16 and over	2003 and before
	Special Olympic women	Any age	
	Special Olympic Men	Any age	

15 km race	U14 girls	12-13	2007-2006	
	U16 girls	14-15	2005-2004	
	U18 girls	16-17	2003-2002	
	U20 women	18-19	2001-2000	
	Senior women	20-29	1999-1990	
	Women 30-39		1989-1980	
	Women 40-49		1979-1970	
	Women 50-59		1969-1960	
	Women 60-64		1959-1955	
	Women 65-69		1954-1950	
	Women 70-74		1949-1945	
	Women 75-79		1944-1940	
	Women 80+		1939-1935 &older	
		U14 boys	12-13	2007-2006
		U16 boys	14-15	2005-2004
		U18 boys	16-17	2003-2002
	U20 men	18-19	2001-2000	
	Senior men	20-29	1999-1990	
	Men 30-39		1989-1980	
	Men 40-49		1979-1970	
	Men 50-59		1969-1960	
	Men 60-64		1959-1955	
	Men 65-69		1954-1950	
	Men 70-74		1949-1945	
	Men 75-79		1944-1940	
	Men 80-84		1939-1935	
	Men 85+		1934-1930 &older	
30 km race	U16 girls	14-15	2005-2004	
	U18 girls	16-17	2003-2002	
	U20 women	18-19	2001-2000	
	Senior women	20-30	1999-1990	
	Women 30-39		1989-1980	
	Women 40-49		1979-1970	
	Women 50-59		1969-1960	
	Women 60-64		1959-1955	
	Women 65-69		1954-1950	
	Women 70-74		1949-1945	
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