



# 8 HOUR RELAY

Participant Guide

**SUNDAY JANUARY 26**

This non-competitive format ski relay is focused on fun, community, and raising funds.

**John Hauser**

Event Chief

# Event in support of



# Event supported by



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## Registration and Donations

**\*\*\* Event registration for participation and team registration for donations are completed on SEPARATE WEBSITES. Please be sure that you register for the event on Zone4 AND with a team collecting donations on CanadaHelps\*\*\***

### Event fee on Zone 4 (covers costs associated with putting on the event)

CATEGORY	TECHNIQUE	DURATION	FEE
Adult (Age 18 to 64)	Classic/Skate	8 hours	\$15
Student ( Full time Post Secondary)	Classic/Skate	8 hours	\$10
Youth (Age 5 to 17)	Classic/Skate	8 hours	\$10
Senior (Age 65+)	Classic/Skate	8 hours	\$10

### Day Use fee on Zone 4 (covers trail grooming and insurance [non-Kawartha Nordic members only])

Day users are required to purchase a regular day ticket for use of Kawartha Nordic facilities when registering on Zone 4

DAY USE TYPE	FEE
Adult (age 19 to 64)	\$25
Senior (age 65+)	\$23

Student (full time post secondary)	\$20
Junior (age 4-18)	\$20

### Online registration link

[FOLLOW THIS LINK](#) to the Zone4 registration page

Registration for the event via Zone4 will inform Kawartha Nordic Ski Club and the event committee that you will be attending the event. However, you must separately visit the “Online donation link” below to register with a team that is accepting donations

### Online donation/team registration link

[FOLLOW THIS LINK](#)

## Donation website instructions

### Joining/making a relay team or registering as a solo participant

1. Go to the [CanadaHelps.org 8 hour relay event page](#) and scroll down slightly
2. Please assign a team leader if you are on a team and have them follow the link labelled “Create a Team” before any other team members attempt to join or create a team more than once
3. If you are joining a team, click the “Join a Team” link. Scroll through the list of team names and click the blue “Join this Team” link to fill in your information
4. If you are registering as a solo participant, Click the “Join as an Individual” link and follow the prompts.
5. Send your team link to all your friends, family, coworkers, and acquaintances to START FUNDRAISING!

### Instructions for donors

1. Go to the [CanadaHelps.org 8 hour relay event page](#)
2. Click the blue “Donate Now” link. Fill in the form and be sure select the proper fields in the “Assign to a team” and/or “Assign to a participant” dropdown menus.
3. Be aware of the “donate now” and “donate monthly” options on the top of the donation form to ensure you select the donation option you intended
4. Thank you for your donation and please consider adding a message of support to your donation

## Event schedule

Registration will open at 9am

The relay will begin at 10am for starting relay team members, and solo participants.

TIME	EVENT
9:00 AM	Registration table and games areas to open
9:50 AM	All first wave skiers to the starting grid for self seeding Opening words from event organizers
10:00 AM	Mass start
1:00 PM	Chili by Ashburnham Ale House to be served (BRING YOUR OWN SPOON/MUG)
9:00 AM	

5:11 PM	SUNSET
6:00 PM	Relay ends
8:30 PM	We ask that all relay participants please vacate Kawartha Nordic property

## Relay format questions

### How many skiers can I have on my team?

There is no limit to the size of the relay team. Some may try the ultimate challenge and attempt to ski the entire eight hours solo, other groups of family and friends may have ten or more members on their team. We only suggest that you factor in the relay loop lengths and skiing speed of your team members to ensure every skier gets out at least once during the relay.

### How do we select the order of our relay team?

It is completely up to you and your team. Some teams may choose a traditional relay strategy with one skier out on course at a time. Other teams may have a parent and child skiing together, or a large group of friends. We only ask that if you are skiing together with team members that you stay together and complete your loops together.

### What do you mean by “non-competitive” relay?

The concept for this event is fun and fundraising come first. You can ski your heart out at racing speeds if you choose, but we want all skiers, of all ages, and all abilities to have as few barriers to participation in this relay as possible. To this end, we won't have race bibs, or be keeping track of who's at the front of the relay. We are hoping to count the number of loops completed by all skiers within the 8 hour time allotted for the event.

## Rules and regulations

### Open trails

All trails will be open at the club with no special closures for relay loops. Ski at your own pace and observe all trail intersections for oncoming skiers. BE AWARE SKI WITH CARE.

### Skiing at night

Skiing at night may be a first-time experience for some relay participants. Night skiing under the stars is one of the most beautiful activities during our Canadian winter, but it must be done safely. HEAD LAMPS ARE REQUIRED AND MUST BE WORN AND TURNED ON by all skiers out on trail after sunset.

### Self seeded mass start

The first wave of skiers will be selected by each team (see section “Relay format” for more information). The fastest/most experienced skiers should seed themselves at the front of the starting lanes with the slowest/least experienced skiers seeding themselves near the back. We also suggest skate skiers on the left lanes of the start and classic skiers on the right. Please ask the support crew at the registration table for further instructions.

### Cold weather considerations/cancellation

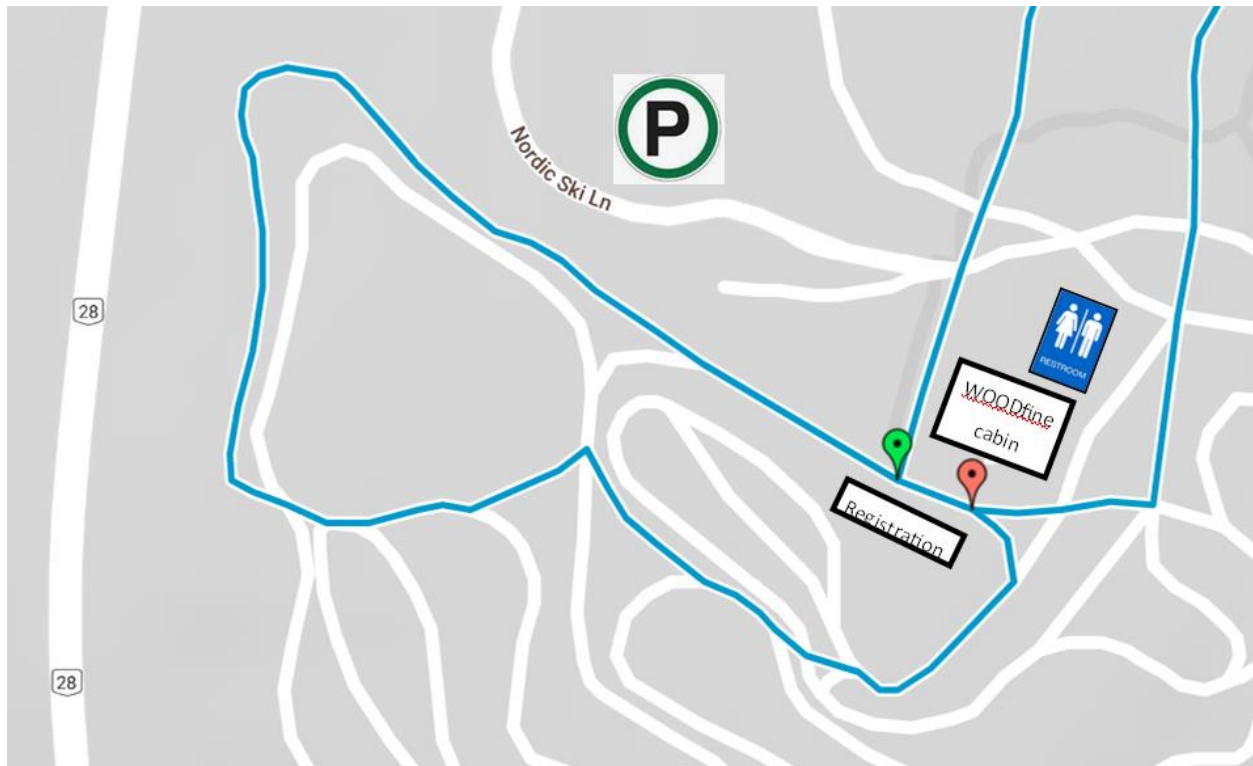
From Nordiq Canada 303.2.2

With distances greater than 15 km and temperatures less than -18C without wind factor, the host must cancel the event.

From Nordiq Canada 8.1.6

If you are 10 years of age or younger and the temperature is going to be colder than - 15C at start time, you should seriously consider not entering the event.

## Stadium map

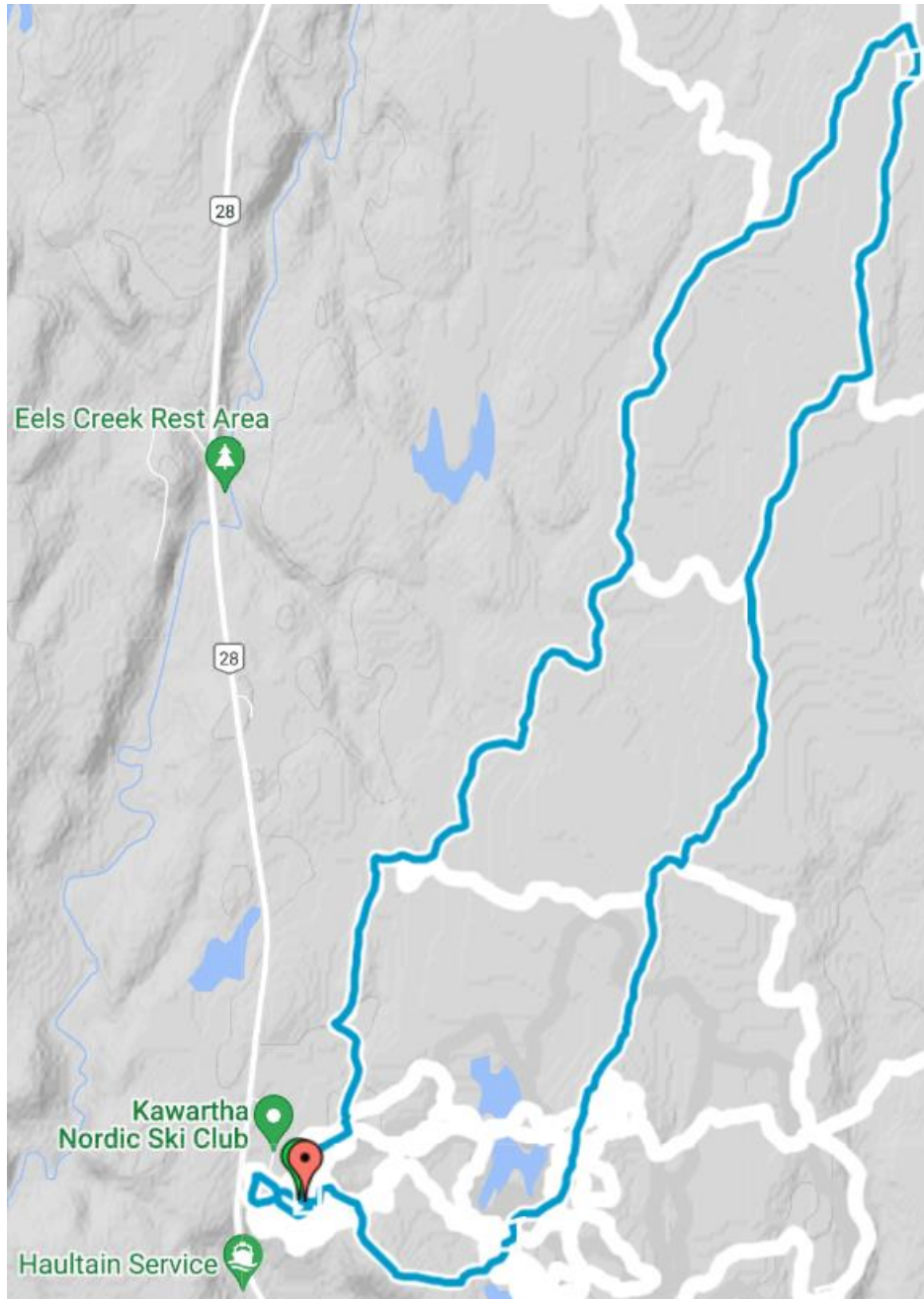


NOTE: The indicated relay loop south of the WOODfine cabin is optional, and is a feature for those choosing to treat the relay format quite seriously, as it allows the next skier to go out to see a team member and prepare for their loop.




























































## Course maps

All indicated loops are self guided and are suggestions that highlight some of the best loops at Kawartha Nordic. Feel free to chose your own adventure!

Skate/classic loop (approximately 12km, difficulty: easy/moderate)



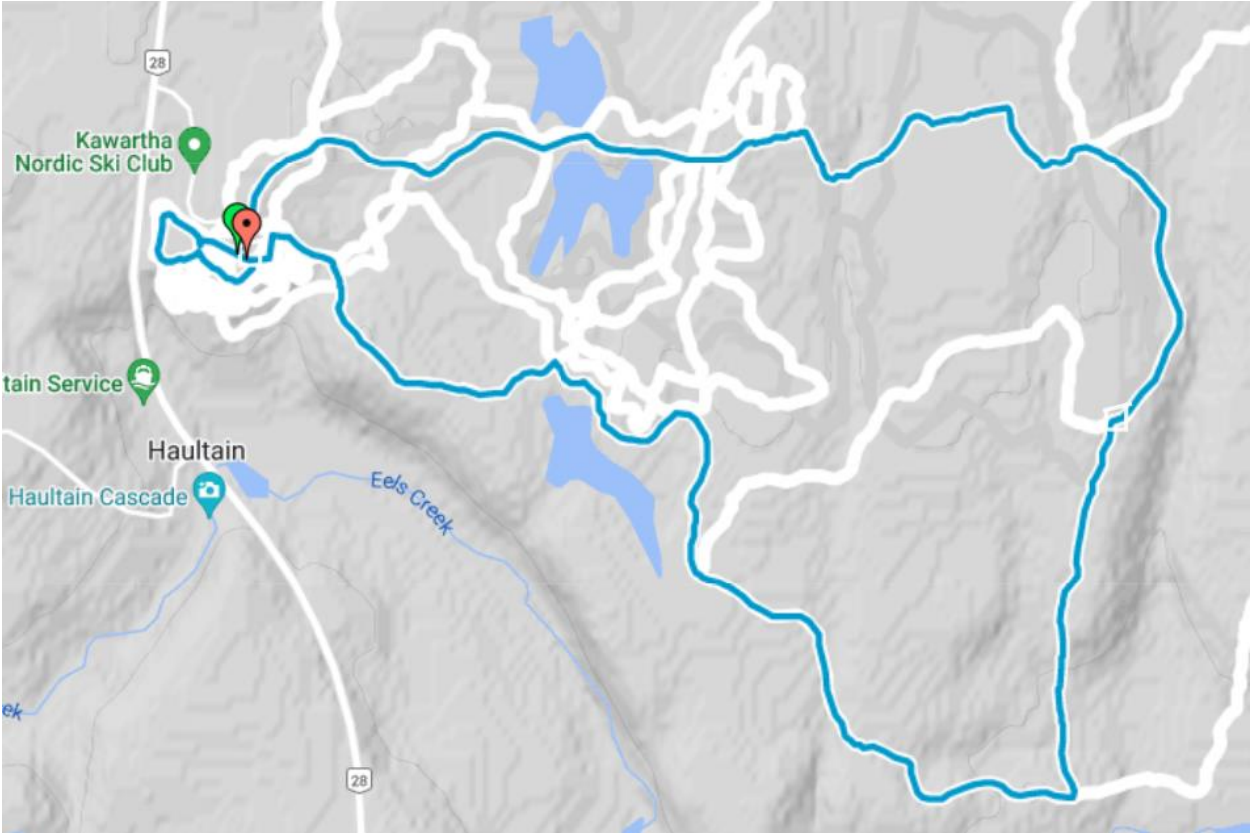
## Skate/classic loop (turn by turn)

	LED Loop (W 50 m) to	 = 	
	Connector (W 25 m) to	 =	
	LED Loop (W 200 m) to	 = 	
	Connector (E 0 m) to	 =	
	LED Loop (E 25 m) to	 = 	
	Connector (E 75 m) to	 =	
	LED Loop (E 25 m) to	 = 	
	Connector (E 25 m) to	 =	
	LED Loop (E 100 m) to	 = 	
	Beaver (N 300 m) to	  = 	
	Butter (N 25 m) to	 = 	
	Peanut (N 25 m) to	 = 	
	Kawartha (N 5100 m) to	  = 	
	Trillium (S 4425 m) to	  = 	
	Rabbit (S 1250 m) to	  = 	
	Connector (W 0 m) to	 =	
	Jam (W 75 m) to	 = 	
	Connector (W 25 m) to	 =	
	LED Loop (S 50 m) to	 = 	
	Connector (W 50 m)	 =	





















































11900 m total



Classic only backcountry loop (approximately 7km, difficulty: moderate)

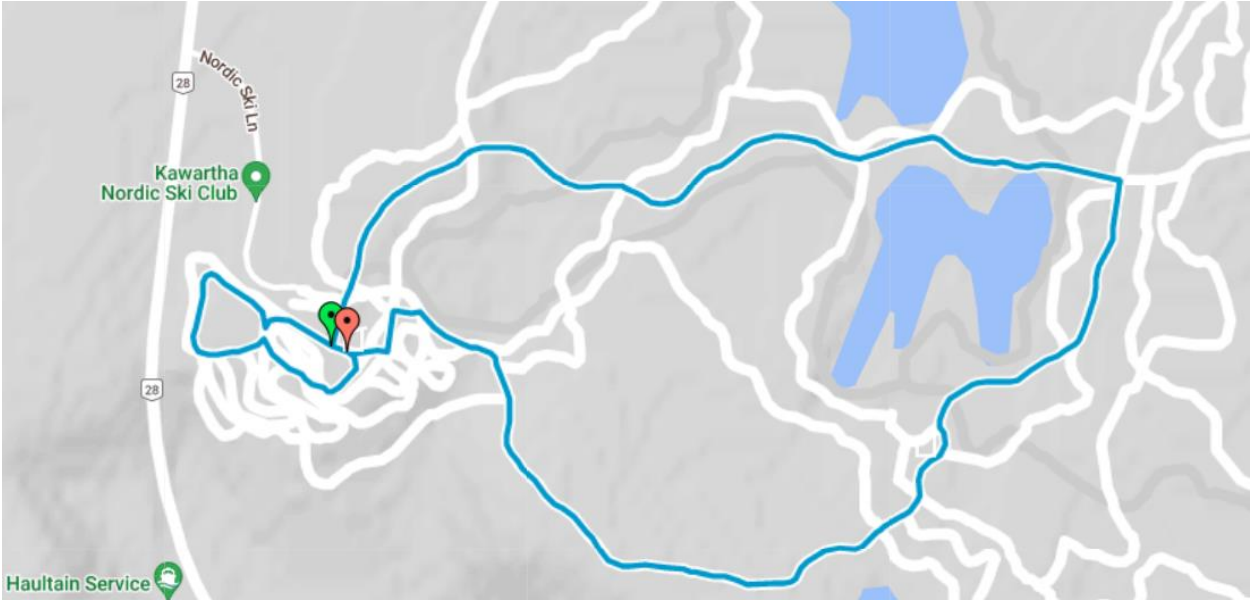


## Classic only backcountry loop (turn by turn)














































	LED Loop (W 50 m) to	 =  X
	Connector (W 25 m) to	 =
	LED Loop (W 200 m) to	 = 
	Connector (E 0 m) to	 =
	LED Loop (E 25 m) to	 = 
	Connector (E 75 m) to	 =
	LED Loop (E 25 m) to	 = 
	Connector (E 25 m) to	 =
	LED Loop (E 100 m) to	 = 
	Beaver (N 1150 m) to	  = 
	Fisher (E 1050 m) to	 = 
	Adam Scott (S 1525 m) to	 = 
	Kenner (W 1850 m) to	 = 
	Rabbit (W 675 m) to	  = 
	Connector (W 0 m) to	 =
	Jam (W 75 m) to	 = 
	Connector (W 25 m) to	 =
	LED Loop (S 50 m) to	 = 
	Connector (W 50 m)	 = X

7025 m total

Kids/short loop (approximately 3.2km, difficulty: easy)



## Kids/short loop (turn by turn)

	LED Loop (W 50 m) to	 = 	
	Connector (W 25 m) to	 =	
	LED Loop (W 200 m) to	 = 	
	Connector (E 0 m) to	 =	
	LED Loop (E 25 m) to	 = 	
	Connector (E 75 m) to	 =	
	LED Loop (E 25 m) to	 = 	
	Connector (E 25 m) to	 =	
	LED Loop (E 100 m) to	 = 	
	Beaver (N 1150 m) to	  = 	
	Rabbit (S 1250 m) to	  = 	
	Connector (W 0 m) to	 =	
	Jam (W 75 m) to	 = 	
	Connector (W 25 m) to	 =	
	LED Loop (S 50 m) to	 = 	
	Connector (W 50 m)	 =	

3175 m total