



8 HOUR RELAY

Participant Guide

SUNDAY JANUARY 22

This non-competitive format ski relay is focused on fun, community, and raising funds for the Haliburton Kawartha Pine ridge branch of the Canadian Mental Health Association.

John Hauser

Event Chief

Event in support of



**Canadian Mental
Health Association**

Haliburton, Kawartha, Pine Ridge
Mental health for all

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*****

CATEGORY	TECHNIQUE	DURATION	FEE
Adult (Age 18 to 64)	Classic/Skate	8 hours	\$15
Student (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

[Online registration link](#)

FOLLOW THIS LINK Zone4.com

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

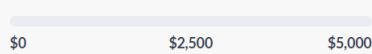
1. Go to the CanadaHelps.org [8 hour relay for mental health event page](#) and scroll down slightly
2. You should see this

Ski Relay

Raising funds for Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge Branch

Donate Now

\$0.00 raised of \$5,000.00



2 months REMAINING
Campaign Ends January 22, 2023

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Join a Team

Create a Team

Join as an Individual

Search for teams, individuals...



3. 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
4. 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
5. If you are registering as a solo participant (first off, congratulations! We love you ambitious lot!), Click the “Join as an Individual” link and follow the prompts.
6. Send your team link to all your friends, family, coworkers, and acquaintances with an explanation of why you #Ski4MentalHealth to START FUNDRAISING!

Instructions for donors

1. Go to the [CanadaHelps.org 8 hour relay for mental health event page](#)
2. You should see this

Powered by CanadaHelps.org Français [Have an account? Sign in](#)



Canadian Mental Health Association

Haliburton, Kawartha, Pine Ridge

Mental health for all

Ski Relay

Raising funds for Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge Branch

Donate Now

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2 months REMAINING
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\$0 \$2,500 \$5,000

3. 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.
4. 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
5. 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
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

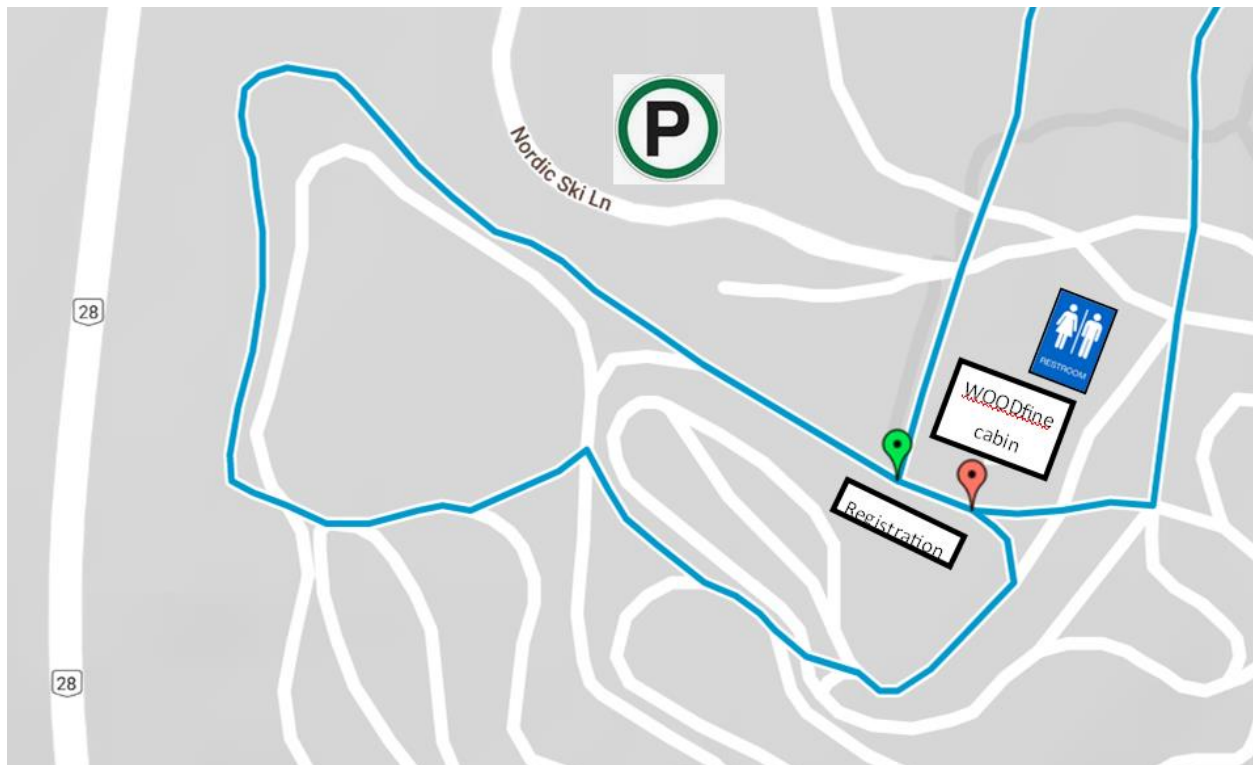
From Nordiq Canada 303.2.2

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

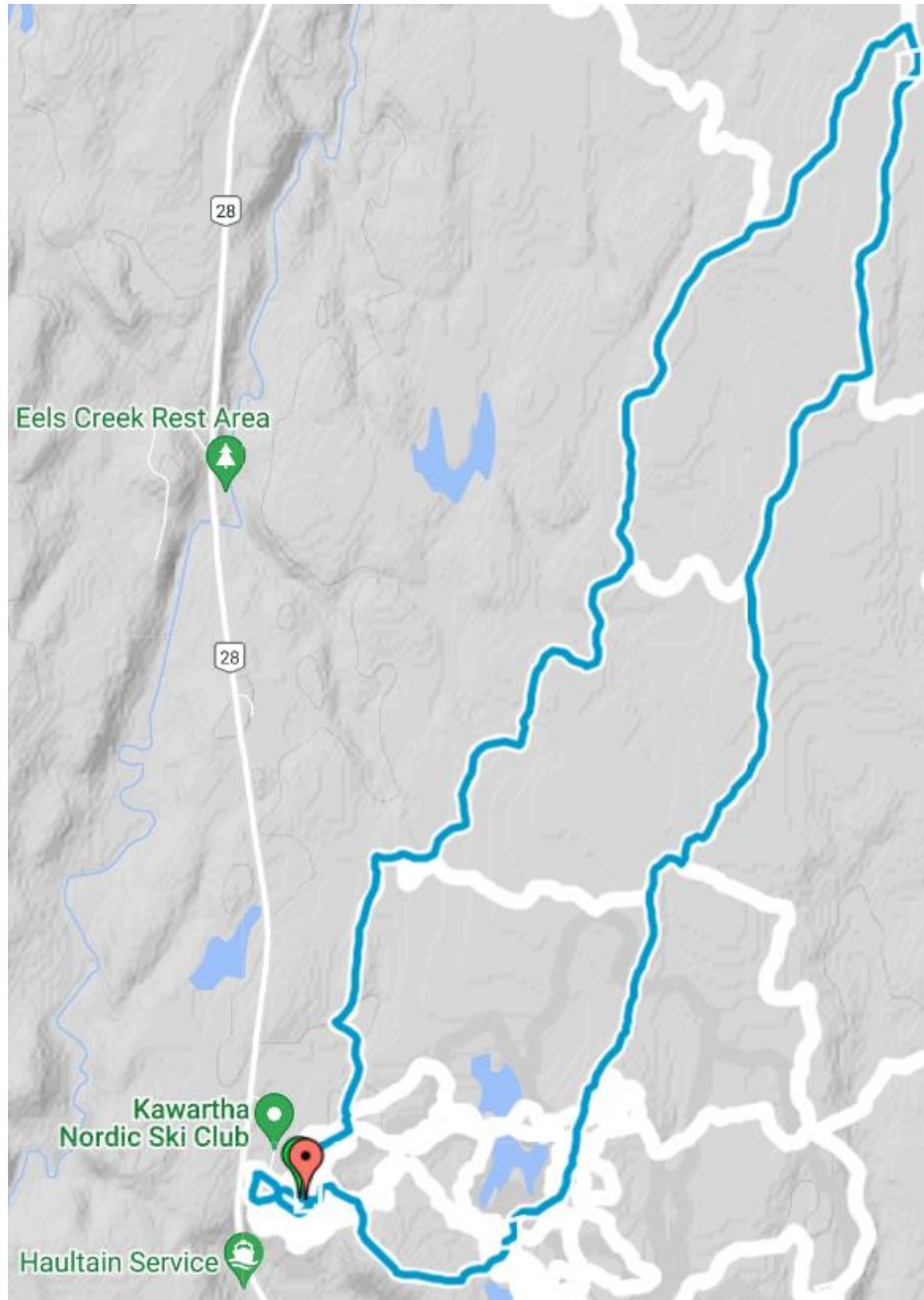
If you are 10 years of age or younger and the temperature is going to be colder than - 15C at start time, you should seriously consider not entering the event.

Stadium map






























































Course maps

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

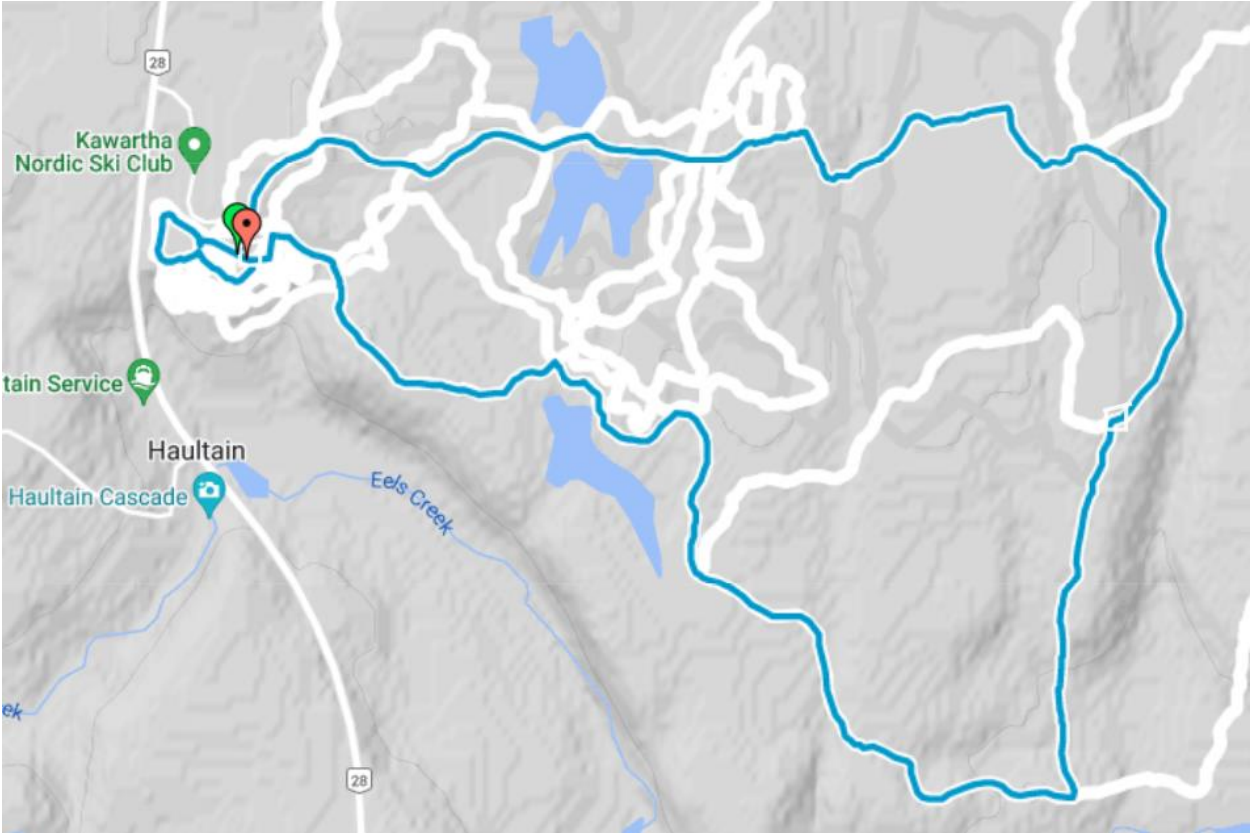


Skate/classic loop (turn by turn)





















































	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)

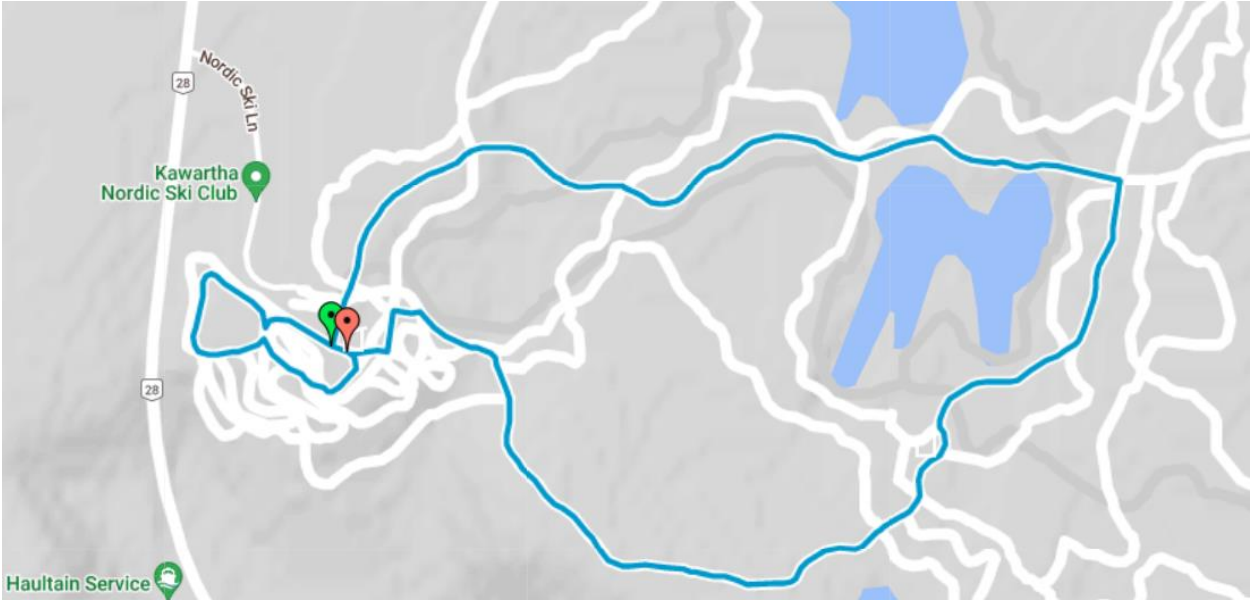


Classic only backcountry loop (turn by turn)














































 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