



## Coast Outdoors P'ayakentsut

### Saturday February 23, 2019

**DATE:** Loppet: Saturday February 23, 2019

**RACE LOCATION:** Whistler Olympic Park, Callaghan Valley, Whistler, BC.

Whistler Olympic Park, the site of the Vancouver 2010 Winter Olympic Games, is located just 16 kilometers southwest of Whistler, 50 kilometers north of Squamish and 115 kilometers north of Vancouver in beautiful British Columbia, Canada. Access to the event site is on fully-paved roads and there is adequate on-site parking. Full location information: [www.whistlerolympicpark.com](http://www.whistlerolympicpark.com).

Snow tires (not all-season) or chains are required north of Squamish in winter conditions. You may be turned around at Alice Lake if there is heavy snow and you do not have winter tires.

**HOST CLUB:** Callaghan Valley Cross Country ([www.callaghanxcski.ca](http://www.callaghanxcski.ca))

Coast Outdoors P'ayakentsut is organized by Callaghan Valley Cross Country Ski Club with the active support of members of the following ski clubs:

- Nordic Racers – Vancouver [www.nordicracers.bc.ca](http://www.nordicracers.bc.ca)
- Hollyburn Cross Country Ski Club [www.hollyburnxc.ca](http://www.hollyburnxc.ca)
- Whistler Nordic Ski Club [www.whistlernordics.com](http://www.whistlernordics.com)
- Spud Valley Nordic Club [www.spudvalleynordics.ca](http://www.spudvalleynordics.ca)
- Sea to Sky Nordics <http://seatoskynordics.ca>

**RULES:** Cross Country Canada (CCC).

**START TIME:** 10:00 am. Loppet starts in waves – 50K, 30K, 15K, approx. 20 minutes apart and the Payak Mini starts at 1 pm. Sit ski 10 K starts at 10:45 am (check the schedule on next page and at <http://www.payak.ca/race-day-schedule/>) Organizers reserve the right to change the schedule depending on weather conditions

**RACE OFFICIALS:**

|                    |                   |  |
|--------------------|-------------------|--|
| Technical Delegate | Dan Miller        |  |
| Chief of Race:     | Sherryl Yeager    | <a href="mailto:sherryl@callaghanxcski.ca">sherryl@callaghanxcski.ca</a> |
| Race Secretary:    | Wayne Adare       | <a href="mailto:secretary@payak.ca">secretary@payak.ca</a>               |
| Chief of Timing:   | Stephane Deseau   |  |
| Chief of Course:   | Theresa Oswald    |  |
| Chief of Stadium:  | Delores Franz Los |  |





[www.payak.ca](http://www.payak.ca)

**LICENSE:** No license is required.

**ENTRY:** Skiers must register and pay online at [www.payak.ca/register](http://www.payak.ca/register) or on Zone4 December 31, 2018 is the Registration deadline for Early Bird Rates

- January 1, 2019, Prices go up \$10
- February 1, 2019: Prices go up another \$15

Change Fees: \$10 to January 31, 2019 at midnight, after that \$15 plus any increase in posted price for category. **NO CHANGES ALLOWED after February 20, 2019.**

**ENTRY DEADLINE:** February 20, 2019: midnight PST. Absolutely no late entries accepted!

**CATEGORIES:** Please note that ages are as of **December 31, 2018.**

| Event                   | Description              | Approximate Distance | Categories | Start Time | Awards ♦ M & F                 | Registration Fee ▲*                                    |
|-------------------------|--------------------------|----------------------|------------|------------|--------------------------------|--|
| P'ayak 50               | Loppet (Classic & Skate) | 50 km                | Open       | 10:00      | Top 6<br>3 medal<br>3 ribbons  | <b>\$55 pre-reg</b><br><b>\$65 early,</b><br>then \$80 |
| P'ayak 30               | Loppet (Classic & Skate) | 30 km                | Open       | 10:20      | Top 6<br>3 medals<br>3 ribbons | <b>\$50 pre-reg</b><br><b>\$60 early,</b><br>then \$75 |
| P'ayak 15               | Loppet (Classic & Skate) | 15 km                | Open       | 10:40      | Top 6<br>3 medals<br>3 ribbons | <b>\$45 pre-reg</b><br><b>\$55 early,</b><br>then \$70 |
| P'ayak Youth 15         | Loppet (Classic & Skate) | 15 km                | 13-17      | 10:40      | 13-15<br>16-17<br>3 medals     | <b>\$30 pre-reg</b><br><b>\$40 early,</b><br>then \$55 |
| P'ayak Para 10K Sit Ski | Loppet                   | 10 km                | Open       | 10:45      | Top 3 medals                   | <b>\$30 pre-reg</b><br><b>\$40 early,</b><br>then \$55 |
| P'ayak Mini             | Loppet (Classic & Skate) | 5 km                 | 5-11       | 13:00      | Cookie medals                  | <b>\$10 pre-reg</b><br><b>\$15 early,</b><br>then \$30 |
| P'ayak Mini Escort      | Loppet (Classic & Skate) | 5 km                 | Open       | 13:00      |                                | <b>\$30 pre-reg</b><br><b>\$40 early,</b><br>then \$55 |

**Pre registration until Dec 31<sup>st</sup>, 2018.** Para-Nordic Standing receive \$15 discount.

**Early registration until Jan 31<sup>st</sup>, 2019.**

\* Skiers will only be timed for the event & distance for which they have registered. If that distance is not completed, the skier will be considered as not having finished. Start times are subject to change & will be listed in the start list.

**All loppet skiers will be eligible for draw prizes.**





[www.payak.ca](http://www.payak.ca)

♦ **PRIZING – Overall Male & Female: 50 km**  
**1<sup>st</sup> \$400, 2<sup>nd</sup> \$300, 3<sup>rd</sup> \$200**  
**Overall Male & Female: 30 km**  
**1<sup>st</sup> \$350, 2<sup>nd</sup> \$250, 3<sup>rd</sup> \$150**

- TRAIL PASSES:** Included in race entry fee.
- COURSE MAPS:** See: [www.payak.ca/course](http://www.payak.ca/course) for course maps and profiles. Courses subject to change.
- SNOW & WEATHER:** See: [www.whistlerolympicpark.com/weather/forecast](http://www.whistlerolympicpark.com/weather/forecast)
- BIB PICK UP - SAT** Bibs can be picked up on February 23, 8:00 – 9:30 a.m. in the Technical Building, next to the Stadium area. Bibs will be available for Payak Mini until 12:45. Transponder pickup begins at 9:00 a.m.
- START LISTS:** We recommend that you check the Zone4 confirmation list for this event to be sure you have registered correctly. Start lists will be available from the Race Office on the day of the event and posted online on Zone4 on Friday, February 22.
- FOOD / WATER:** For races of 15 km or more, there will be feed stations. Please see course maps. There will be a feed station in the stadium area, as well as on course.
- CUT-OFF TIME:** All skiers not reaching the 25 kilometre point in the 50 kilometre event after 2.5 hours will not be allowed to continue.
- RESULTS:** Unofficial results will be posted outside the Race Office after the race. After the event, results will be available to review on Zone4.
- AWARDS:** Awards will be presented on venue at the conclusion of the races.
- DRIVING TIMES:**
- |                  |             |
|------------------|-------------|
| Whistler to WOP  | 30 minutes  |
| Squamish to WOP  | 60 minutes  |
| Vancouver to WOP | 120 minutes |
- These times are estimates only and may change due to weather and road or traffic conditions. Please allow at least 15 minutes to be processed through the entry gate.
- PARKING:** Please park in the designated lots as directed upon arrival. **Parking is limited.** Carpool if possible!
- FACILITIES:** For general venue facilities, see: [www.whistlerolympicpark.com/about/facilities](http://www.whistlerolympicpark.com/about/facilities)
- WAXING:** A limited number of electrical outlets are available outside the Technical Building for waxing irons. Wax trailer rentals are available for \$35 per day and must be pre-booked. Contact Whistler Olympic Park at 604-964-0060 or 1-877-764-2455 for further details or to book.





[www.payak.ca](http://www.payak.ca)

**ACCOMMODATION:**

**Squamish Lodging**

EXECUTIVE SUITES GARIBALDI SPRINGS RESORT

- Preferred accommodation in Squamish
- Please ask for the 'NORDIC' rate when booking
- 1-877-815-0048
- [www.executivesuitessquamish.com](http://www.executivesuitessquamish.com)

**Whistler Lodging**

ATHLETE'S VILLAGE: Whistler Athlete's Center Lodge (Preferred accommodation in Whistler)

- 1-604-964-0041
- [lodge@whistlersportlegacies.com](mailto:lodge@whistlersportlegacies.com)

HOSTELLING INTERNATIONAL: Whistler Canadian Hostel:

- [1-866-762-4122](tel:1-866-762-4122)
- [www.hihostels.ca/westerncanada/331/HI-Whistler.hostel](http://www.hihostels.ca/westerncanada/331/HI-Whistler.hostel)

**TOURIST INFO:**

- [www.whistlerchamber.com](http://www.whistlerchamber.com)
- [www.tourismwhistler.com](http://www.tourismwhistler.com)
- [www.squamishchamber.com](http://www.squamishchamber.com)
- [www.tourismsquamish.com](http://www.tourismsquamish.com)

**TITLE SPONSOR**

**Coast Outdoors** – British Columbia's leading supplier of cross country ski equipment and clothing.



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<https://www.coastoutdoors.ca>

**FIRST GOLD SPONSOR**

**Salomon** – manufacturer and distributor of cross country ski equipment and other sporting goods.



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[www.payak.ca](http://www.payak.ca)  
<http://www.salomon.com>

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## **GOLD SPONSORS**

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<http://www.nestersmarket.com>



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## **FIRST SILVER SPONSOR**

**Fischer** – development, production, marketing and distribution of first-class skiing equipment.

<http://www.fischerskis.com>



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## **SILVER SPONSOR**

**Swix** – manufacturer and distributor of waxes and cross-country equipment.



<http://www.swixsport.com>

See our other great **SPONSORS** here:

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## **PARTNERS**

Executive Suites Garibaldi Springs Resort

Preferred accommodation in Squamish

[www.executivesuitesgaribaldi.com](http://www.executivesuitesgaribaldi.com)

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Cross Country BC

Event sanctioning body BC

[www.crosscountrybc.ca](http://www.crosscountrybc.ca)

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Cross Country Canada



CALLAGHAN VALLEY  
CROSS COUNTRY





[www.payak.ca](http://www.payak.ca)  
National sport sanctioning body - Canada

[www.cccski.com](http://www.cccski.com)

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Whistler Olympic Park

Event venue host

[www.whistlerolympicpark.com](http://www.whistlerolympicpark.com)

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Whistler Athlete Centre

Event venue host

[www.whistlerolympicpark.com](http://www.whistlerolympicpark.com)

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Whistler 2010 Sport Legacies

Managing 3 Olympic venues whilst inspiring and delivering sports excellence

[www.whistler2010sportlegacies.com](http://www.whistler2010sportlegacies.com)

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Tourism Whistler

Non profit organization marketing and selling Whistler to the world, as the year-round mountain resort of choice. [www.whistler.com](http://www.whistler.com)

