



The North Bay Nordic Ski Club is located 10 minutes from North Bay Ontario in the heart of North-eastern Ontario. North Bay is ideally situated for travel from most major Canadian ski centres. It is located 3.5 hours driving distance north of Toronto, 4 hours west of Ottawa, 4.5 hours east of Sault Ste. Marie and 3.5 hours south of Timmins. Just minutes from the downtown core, the municipally-owned North Bay Jack Garland Airport is the largest airport north of Toronto. Regularly scheduled service is offered by a variety of major carriers with frequent flights from North Bay to Toronto, Ottawa, Montreal, and other Northern Ontario centres. The club maintains a 50 km network of concentric trail loops that offer skating and classic skiing to its 800 annual members. The trails offer both challenging terrain and beautiful scenery. The club is equipped with a Pisten Bully 100, three Alpine snowmobiles and the latest in Yellowstone Track Systems grooming equipment. The groomer operators are well versed and capable of preparing excellent race trails under all snow conditions.

The North Bay Nordic Ski Club has an enthusiastic and knowledgeable volunteer base that have a long history of successfully organizing and hosting a variety of races. These races include four years of the Ontario High school Championships (OFSAA), multiple years of the Ontario University Championships, Ontario Cup Races, Ontario Masters Championships, Ontario Winter Games, as well as innumerable Loppets and invitational Races. The club did organize and host the the Canadian Masters Championships in 2000. However, it was hosted later in March and the remainder of the event was relocated to Temiskaming Nordic due to extreme melt and unseasonably rainy weather. The North Bay Nordic club is also outfitted with the latest version of the Zone 4 timing systems along with the requisite plungers, and watches required to accurately time races and efficiently produce results.

Event Schedule

The 2009 Canadian Masters Championships will consist of four main days of competition, a Banquet and a mid-week, exhibition, fun and challenging, night sprint relay event and social. All races will be mass start by category groups. The proposed racing schedule is as follows:

Tuesday February 24	Long Distance Skate Races. 11:00 a.m. start time
Wednesday February 25	*Free ski day for all competitors
Wednesday February 25	** Challenging, Fun, Skate Sprint Relays (not an official CMCSA event) and Social Event, 6:30 pm
Thursday February 26	Classic Races. 11:00 a.m. start time
Friday February 27	*Free ski day for all competitors
Saturday February 28	Skate Races. 11:00 a.m. start time
Saturday February 28	Banquet, Location TBD. 6:00 p.m. start time
Sunday March 1	*** Long Distance Classic Races. 10:00 a.m. start

* Complimentary day passes will be provided to racers for Wednesday and Friday skiing.

** The Wednesday night skate sprint relay event will be open to everyone. The course will be short (less than 500m), fun and a good challenge. Teams will be randomly selected from all those who attend. There will be a social event to follow at the clubhouse with snacks and non-alcoholic hot and cold beverages provided.

*** There will be a complimentary hot chilli lunch provided to all competitors in Sunday's long distance classic event.

Race Distances and Categories

Age class is determined by your birthday as of December 31, 2008

L/M 01 = 1978 – 1974 L/M 04 = 1963 – 1959 L/M 07 = 1948 – 1944 L/M 10 = 1933 – 1929
 L/M 02 = 1973 – 1969 L/M 05 = 1958 – 1954 L/M 08 = 1943 – 1939 L/M 11 = 1928 - 1924
 L/M 03 = 1968 – 1964 L/M 06 = 1953 – 1949 L/M 09 = 1938 – 1934 L/M 12 = 1923 & older

Date	Ladies: 01 – 05 30 to 59 years	Ladies: 09 – 12 over 60 years	Men: 01 – 06 30 to 59 years	Men: 07 - 08 60 to 69 years	Men: 09 – 12 over 70 years
Tue 24	18 km SKT	9 km SKT	27 km SKT	18 km SKT	9 km SKT
Wed 25	Free Ski Day – complimentary day pass to all competitors				
Wed 25	Fun Sprint Relays, Random Teams, non-official event 6:30 pm under lights. Social event to follow with light refreshments				
Thu 26	10 km CL	5 km CL	10 km CL	10 km CL	5 km CL
Fri 27	Free Ski Day – complimentary day pass to all competitors				
Sat 28	9 km SKT	5 km SKT	9 km SKT	9 km SKT	5 km SKT
Sat 28	Banquet 6:00 pm – Location TBD				
Sun 1	36 km CL	18 km CL	36 km CL	26 km CL	18 km CL

Note: Saturday and Sunday races will be held in conjunction with Annual Bluesky Loppet. Canadian Masters competitors will be starting in separate waves and in separate categories. The Bluesky Loppet has categories and distances for the whole family. Entries for the Bluesky Loppet are accepted up to 2 hours prior to start times. More information can be found at <http://www.northbaynordic.ca>

Registration Information

The official race notice and entry form will be provided in late fall and available on www.northbaynordic.ca. Entries will be handled online by zone4.ca. The cost will be \$20 per race. The Wednesday night sprint relay is free and complimentary refreshments will be served. The entry deadline will be 12:00 noon on Monday February 23, 2009 for the Tuesday skate race, for the Thursday classic race and for banquet confirmation. The entry deadline for the weekend races will be Friday February 27 at noon. There will be a limited number of banquet spots held over, however, confirmation guarantees a spot.

Course Information

Distances

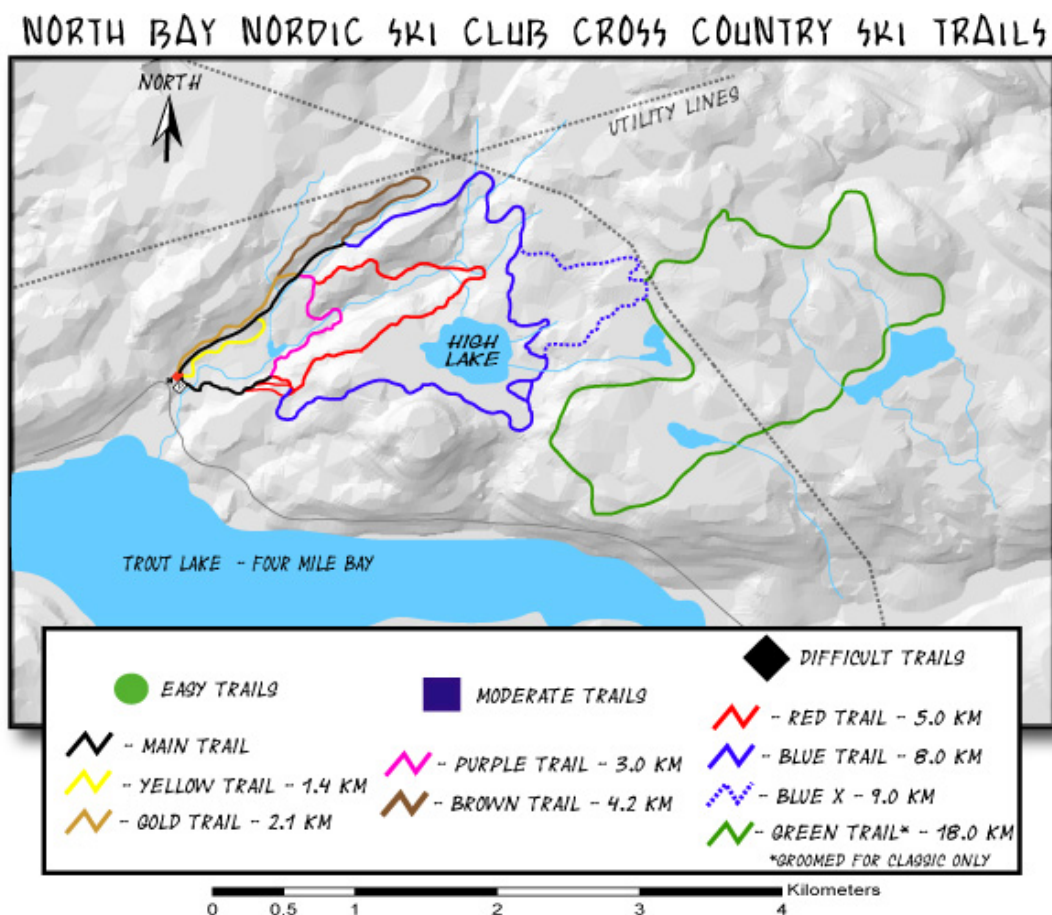
Tuesday February 24	9 km Extended Blue Trail. One to three laps*
Thursday February 26	5 km Red Trail. One or two laps
Saturday February 28	9 km Extended Blue. 5km Red Trail
Sunday March 1	18 and 36 km Green Trail. 26 km Green + Blue Trail

*Number of laps depends on category

Courses will be closed to public for duration of races. There will be a 2km wax testing and warm-up loop available. All of the race courses will all be groomed and available for both skate and classic during the whole week of competition.

Map

More specific race course maps will be provided with race notice and package.



Feed Zones

Feed will be available in the Stadium for each lap on all days. On Tuesday they will also be available at the 4 km point of the 9 km loop. On Sunday they will be one feed station on course located at approximately the 11 km point. For the 2 lap (26 and 36 km) racers there will be feed available at 11 km, 18 km, 22 km and 29 km.

First Aid

First aid will be provided at the club as necessary by qualified personnel.

Course Profiles

Coming soon...

Awards, Mementos and Social Activities

Awards

Canadian masters medals will be given to the top three in each age category during each event. There will be unofficial awards for Wednesday night relays. Draw prizes will be awarded on Sunday. A commemorative North Bay Nordic mug will be presented Sunday for all competitors who compete in all official races, for the oldest competitor (men and women), and for the competitor who traveled the furthest. Awards will be presented immediately after each event. Saturday race awards will be presented during banquet.

Social Activities

There will be a social event Wednesday night following the fun, challenging, skate sprint relays. Light refreshments along with hot and cold, non-alcoholic drinks will be provided at the club. There will be no cost for this event. On Saturday evening there will be a banquet to be hosted locally. It will be buffet format and cost between 20 and \$25.

On-Site Meals

On-site, post-race food will be provided to all entrants. On Sunday a post-race chilli lunch will be available to all entrants in Sundays classic race. Other on-site food will be available for purchase at the club snackbar for non-racers.

Race Hotel

TBD by DEC 1st