

2012 Masters National Championships

March 11-17th, 2012

Golden, BC



RACE NOTICE

Host Club:

Golden Nordic Ski Club Society www.goldennordicclub.ca

Location:

Dawn Mountain Nordic Center, adjacent Kicking Horse Mountain Resort
3hr drive from Calgary International Airport

Sanctioning/Rules:

Canadian Masters Cross Country Ski Association
Cross Country Canada

Competition Jury:

Organizing Committee Chair:	Jeff Dolinsky	
Technical Delegate:	Rob Bernhardt	
Race Secretary:	Joan Dolinsky	(250)348-2578 joandolinsky@gmail.com
Chief of Competition:	Troy Hudson	(250)344-7489 goldenights@uniserve.com
Chief of Timing:	Stan Walker	

Race Office Hours:

Sunday	March 11 th	12-4pm*
Monday	March 12 th	8:30-6pm
Tuesday	March 13 th	4-6pm*
Wednesday	March 14 th	8:30-6pm
Thursday	March 15 th	4-6pm*
Friday	March 16 th	8:30-6pm
Saturday	March 17 th	8:00-5pm

*reduced hours on non race days

Eligibility and Licenses:

All competitors must have a valid and active membership with the Canadian Masters Cross Country Ski Association in order to participate in the 2012 Masters National Championships. Memberships may be purchased online through the [National Office](#) or will also be available for purchase through the online registration page on www.zone4.ca

Waivers:

All participants will either sign a printed copy of the event waiver or will automatically sign a digital copy when registering online for the event. Participants will not be permitted to race without first signing the GNSC waiver. Please see the Registration Package for details.

Race Entry Fees:

\$30 per race* (HST included) for all age categories prior Feb 15th EARLY BIRD RATE
\$45 per race* (HST included) for all age categories from Feb 16th-March7th.

*includes lunch on race days

Race Entry Deadline:

Wednesday March 7th, 2012 at 11:59 MST is the closing date for registrations with NO EXCEPTIONS BEING GRANTED. Race deadline is Feb 15 for the early bird rate of \$30 incl HST per race. After Feb 15, the fee is \$45 per race, incl HST. This includes a lunch on race days.

Banquet/ Dance (at the Golden Rec Plex) on Saturday night: \$45 per person .

How to Enter:

Registration will open on-line at: www.zone4.ca on December 15th, 2012. The Zone 4 system provides the opportunity for participants to confirm that their entry has been received. Please note: Zone4 only supports VISA and MasterCard. Payment must be made at the time of registration. Banquet and dinner tickets will be available on site as well as online. Please see the **Registration Package** [here](#). To send in your registration form by mail it must be received in the race office prior January 15th, and is mailed to:

Golden Nordic Ski Club Society (attn: Masters Registration)
Box 1991
Golden, BC
VOA 1H0

Age Categories for Racers:

Age Categories for Racers (M/W)		
Category	Year of Birth	Age
Master 1	1981-1977	30-34
Master 2	1976-1972	35-39
Master 3	1971-1967	40-44
Master 4	1966-1962	45-49
Master 5	1961-1957	50-54
Master 6	1956-1952	55-59
Master 7	1951-1947	60-64
Master 8	1946-1942	65-69
Master 9	1941-1937	70-74
Master 10	1936-1932	75+

Race Distances: (LD denotes "Long Distance", SD denotes "Short Distance")

Monday March 12th – LD Free Technique-		Wednesday March 14th – SD Free Technique-	
Category	Distance	Category	Distance
Master 1	20km	Master 1	10km
Master 2	20km	Master 2	10km
Master 3	20km	Master 3	10km
Master 4	20km	Master 4	10km
Master 5	20km	Master 5	10km
Master 6	20km	Master 6	10km
Master 7	20km	Master 7	10km
Master 8	20km	Master 8	10km
Master 9	20km	Master 9	10km
Master 10	10km	Master 10	5km

Friday March 16th - SD CL Technique-		Saturday March 17th – LD CL Technique-	
Category	Distance	Category	Distance
Master 1	10km	Master 1	30km
Master 2	10km	Master 2	30km
Master 3	10km	Master 3	30km
Master 4	10km	Master 4	30km
Master 5	10km	Master 5	30km
Master 6	10km	Master 6	30km
Master 7	10km	Master 7	30km
Master 8	10km	Master 8	30km
Master 9	10km	Master 9	30km
Master 10	5km	Master 10	15km

Parking:

Parking is limited. We encourage carpooling. A shuttle bus system will take skiers 1km from the resort upper parking area to the Dawn Mountain Nordic Center. Drop off of gear is permitted, but there is no parking at the Nordic Center on race days.

Waxing Facilities:

Waxing is available on site along the periphery of the Daylodge as well as along the south end of the parking lot. Limited waxing is available at the venue. No waxing is permitted inside the Daylodge.

Additional Information:

Race maps, detailed schedules, athlete meetings, weather updates and additional race information will be available at: www.goldennordicclub.ca

Event Schedule:

Sunday, March 11	4:00 – 6:00 PM Registration and Meet & Greet Social Kicking Horse River Lodge
Monday, March 12	10:30 AM 10– 20 km. Free Technique (Wave Start)
Tuesday, March 13	9:00 AM – 6:00 PM GNSC Trails Open Evening Pasta Dinner (\$20 pp)
Wednesday, March 14	10:30 AM 5-10 km. Free Technique (Individual Start)
Thursday, March 15	9:00 AM - 6:00 PM Emerald Lake / Tally Ho! Tour “Golden’s Got Talent Musical Evening” Civic Center
Friday, March 16	10:30 AM 5–10 km. Classic Technique (Wave Start)

Saturday, March 17 10:00 AM
Huckleberry Loppet
15, 30 km. Classic Technique
(Wave Start)
Windup Banquet, Dance at Rec Plex (\$45 pp)

Accommodation:

For a complete list of accommodation providers please visit the [Accommodations Page](#) on the GNSC website and [Tourism Golden](#) area providers. We recommend that you book early as Golden is very busy this time of year with downhill skiers and snowmobilers.

For general inquiries you can reach us at info@goldennordicclub.ca. We hope to see you soon!

Masters National Championships Organizing Committee
Golden Nordic Ski Club Society

Jeff Dolinsky
MNC 2012 Event Committee Chair