



Wetzin'Kwa Loppet

27th Annual BV Marathon

March 7, 2015

- Hosting Club:** Bulkley Valley Cross Country Ski Club www.bvnordic.ca
- Format:** Choice of Classic technique or Free technique
- Time:** **10:30 am mass start** for all techniques.
- Location:** Bulkley Valley Nordic Centre (Hudson Bay Mountain Rd.)
Directions and map: www.bvnordic.ca/trails-and-facility/directions
- Registration:** Register as an individual in the distance of your choice.
- Online registration and payment at www.zone4.ca** is the preferred method (except Rabbits*). Register online by March 5.
- Register in person** by dropping off registration form with race fee at McBike or at the Friday potluck.
- Late registrations** (for an extra \$5) will be accepted between 9:00 – 10:00 on Saturday morning. Registration questions? email: RaceSecretary@bvnordic.ca
- *Rabbits:** Every child in our Rabbits Program can be registered in a classic event for no cost above the program fees. Do not register on Zone 4 or use this form. The rabbits will be registering their chosen distance at their regular Rabbits sessions with their group leader. At the Marathon, a Rabbits "mascot" will be leading the kids in a parade to the start line to kick off the race. Please email race@bvnordic.ca if you have questions.
- Bib & Lunch Ticket Pick-Up:** At the Buchfink Lodge at the Friday night potluck or before the marathon between 9:00 – 10:15 am.
- Information:** Chief of Competition: Lea-Marie Bowes-Lyon race@bvnordic.ca
Race Secretary: Sara Belanger RaceSecretary@bvnordic.ca
- Friday Dinner:** 6:00 pm, Friday March 6. Come join us at the Buchfink Lodge for a **potluck dinner**.

If you are from out of town, we will have extra food for you (and a donation box).

The Gary Murdoch Memorial wax hut is available anytime for prepping skis.

Ski Waxing

Results and Prizes

Collectible BV Marathon stickers will be given to everyone who finishes.
Ski times will be recorded and results ranked.

Prizes will be given to the top 3 of each category.

Feed Stations and Lunch:

Feed stations will be set up on the course with water, a warm sports drink and some goodies to keep your energy up. After finishing, skiers and volunteers will be given soup, sandwich and a drink (included in race fee).
Extra food and goodies will be available for sale to spectators.

Cancellation (cold weather):

The marathon will be cancelled if the temperature is below -20 C at race start time. Event organizers will consider a delayed start to avoid cancellation. In the unlikely event of cancellation, organizers will offer full refunds.

Routes:

New routes this year are on rolling terrain suitable for all skill levels. The courses include the logging roads, pine creek and dog trails.

Route maps will be posted the third week of February at
www.bvnordic.ca/events/marathon

Distances:

36 km, and 18 km, 9km events can be skied by any gender and age.

3.0 km and 1.0 km for those under the age of 18.

Fees:

Age	Fee
Rabbits, Bunnies, Extendos	(included in BV Rabbit Program fee)
Under 12	\$6
12 – 17	\$15
18 and over	\$30

Categories:

Saturday, March 7	
36 km Classic – Male	36 km Skate – Male
36 km Classic – Female	36 km Skate – Female
18 km Classic – Male	18 km Skate – Male
18 km Classic – Female	18 km Skate – Female
9.0 km Classic – Male	9.0 km Skate – Male
9.0 km Classic – Female	9.0 km Skate – Female
3 km Classic – Rabbit	
1 km Classic – Bunny	

ENTRY FORM

BIB #: _____

→Only use this form if not registering online at Zone4.ca ←

Drop off at McBike by March 6, 2015 or bring to Friday's Potluck Dinner
Late register for \$5 extra, up to 15 minutes before start at Buchfink Lodge

Wetzin'Kwa Loppet

Saturday, March 7, 2014

Name: _____ Sex: _____ Year of Birth _____

Phone: _____ email: _____

City: _____ Club: _____

Category: _____

ENTRY FEE: _____ PAID (race official note): _____

The following consent form is only required for participants who are NOT members of the Bulkley Valley Cross Country Ski Club (club members have already completed a club waiver and acknowledgements form).

Name of Event: **Wetzin'Kwa Loppet** Event Date(s): **March 7, 2015**

CROSS COUNTRY CANADA INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

By signing this document you will assume certain risks. Please read carefully.

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of **Cross Country Canada and Canadian Snowsports Association** (hereinafter called **CCC/CSA**), Cross Country BC (name of Ski Division, hereinafter called the **Division**) and Bulkley Valley Cross Country Ski Club (name of Club, hereinafter called **Club**) which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the **Activities**), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the **Parties**), acknowledge and agree to the following terms:
2. **Description of Risks** - The Participant is participating voluntarily in the **Activities**. In consideration of the Participant's participation in the **Activities** sanctioned by one or more of CCC/CSA, the **Division** and the **Club**, the **Parties** hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the **Activities**, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
 - a) training whether indoor or outdoor including strength training, running, hiking, and cycling;
 - b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
 - c) vigorous physical exertion, rapid movements and quick turns and stops;
 - d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
 - e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
 - f) failing to participate within one's abilities, skill and within designated areas;
 - g) becoming lost or separated from the group or the group becoming split up;
 - h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning;
 - j) encounters with animals or plants including allergic reactions;
 - k) travel to and from training, competitive events and associated non-competitive events which are an integral part of **Activities**; and
 - l) other risks normally associated with participation in the **Activities**.
3. **Furthermore, the Parties are aware:**
 - a) that injuries sustained may be severe, paralyzing or fatal;

- b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of **CCC/CSA**, the **Division** and the **Club**;
 - c) that the risk of injury is reduced if the Participant follows all rules established for participation; and
 - d) that the risk of injury increases as the Participant becomes fatigued.
4. **Disclaimer** - In consideration of **CCC/CSA**, the **Division** and the **Club** accepting the Participant's application for membership in the **Club** or allowing the Participant to participate, the **Parties** agree that **CCC/CSA**, the **Division** and the **Club** and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the **Activities** sanctioned by one or more of **CCC/CSA**, the **Division** and the **Club**, caused by the risks, dangers and hazards associated with the **Activities**.
5. **Acknowledgement** - The **Parties** confirm that:
- a) the Participant's physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of **CCC/CSA**, the **Division** and the **Club**;
 - b) they have been provided sufficient information about Activities and the associated risks and hazards so that they are aware of the effect of this agreement;
 - c) the Participant agrees to abide by the Rules and Regulations imposed by **CCC/CSA**, the **Division** and the **Club**, in association with the Activities, and to follow the instructions of the officials during the **Activities**; and
 - d) they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the Parties, their heirs, executors, administrators and representatives.
6. In addition, the **Parties**:
- a) authorize **CCC/CSA**, the **Division** and the **Club** to collect and use personal information about the **Parties** which relates in any way to the **Activities**, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the **CCC/CSA**, the **Division** and the **Club** websites;
 - b) grant permission to **CCC/CSA**, the **Division** and the **Club** to photograph and/or record the **Parties** image and/or voice, and to use this material to promote **CCC/CSA**, the **Division** and the **Club** through any form of and agree that the audio/visual material and copyright will remain the sole property of **CCC/CSA**, the **Division** and the **Club** and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
 - c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

***We do not sell or distribute your personal information to any other third party not listed herein.**

Participant's Signature

Name: _____

Date: _____

Signature: _____

As the parent or guardian of a minor participant at the Event, I have read and understand the above Acknowledgements and accept the terms and conditions of participation on behalf of the minor and confirm all information is true and accurate.

Minor's Parent or Guardian Signature

Name of Parent/Guardian: _____

Date: _____

Parent/Guardian Signature: _____