

Alberta Cup 5 & 6

TCM – Saturday
January 27, 2024



**EDMONTON
NORDIC**



What a great day of racing!

Agenda

- Jury
- Organizing Committee
- Weather Forecast
- Seeding and Confirmation of Entries
- Bib Pickup
- Stadium
- Race Distances
- Courses (Red, Blue, Lt. Blue)
- Race Schedule
- Coaching on Course
- Site Map
- Wax Testing and Warm Up
- Alberta Cup Wax Protocol
- Awards
- General Comments
- Parking and Shuttle Service
- Food and Drink on Site




Jury

- Technical Delegate: Lisa Marr-Laing
- Asst. Technical Delegate: Kelly Bogle
- Nordiq Alberta Race Director: Ivan Babikov
- Chief of Competition: Scott Penny

Organizing Committee

Chief of Competition	Scott Penny
Race Secretary	Lianne Seubert
Race Secretary	Joe Mann
Chief of Course	Ulf Kleppe
Assistant Chief of Course	Paul Zimmerman
Chief of Controllers	Andrew Mackie
Chief of Stadium	Mark Woodhouse
Chief of Timing	Brent Walsh
Chief of Start	Brett Buchanan
Chief of Finish	Victoria Lee
Co-Chief of Medical	Rhea Loiselle
Co-Chief of Medical	Carmen Young
Volunteer Coordinator	Susan Kankkunen
Hospitality Coordinator	Jacquelyn Vanden Born
ENSC President / Special Advisor	Jim Rickett

Weather Forecast (Environment Canada)

	Sun 28 Jan
	 8°C A mix of sun and cloud
<u>Tonight</u>	Night
 1°C Mainly cloudy	 -1°C Partly cloudy

Night	Mainly cloudy. Low plus 1
Sun, 28 Jan	A mix of sun and cloud. High 8. UV index 1 or low.

As of Saturday, January 27 at 17:15

Seeding and
Confirmation
of Entries

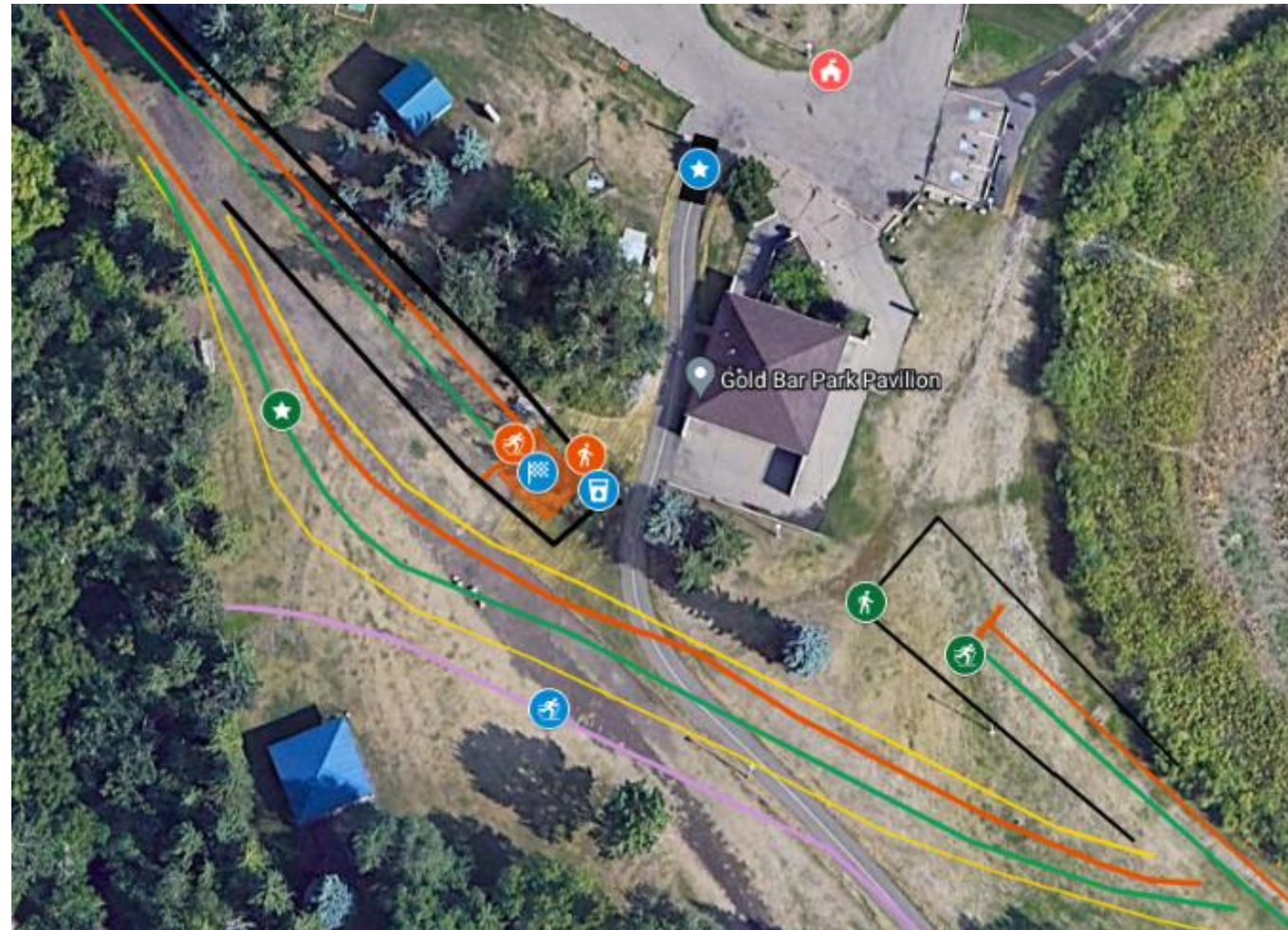
Deadline for changes for
Sunday was 2:00PM today

Seed lists available on
Zone4

Bib Pickup

- Bib pickup from the Race Office tomorrow morning starting at 07:45.
- They are picked up according to how they were stated during registration, either by club or team.





Race Distances

Saturday, January 27, 2024
Mass Start, Classic Technique

Category	Distance (Course)
U8 B/G	1.0km (Blue)
U10 B/G	1.0km (Blue)
U12 B/G	2.0km (Blue x 2)
U14 B/G	5.0km (Orange x 2)
U16 B/G	7.5km (Orange x 3)
U18 M/W	10.0km (Orange x 4)
Open (U20 & Sr. M/W)	10.0km (Orange x 4)
Masters M/W	10.0km (Orange x 4)
Recreational M/W/non-binary	5.0km (Orange x 2)
Para Nordic Sit Ski	3.5km (PN Sit)

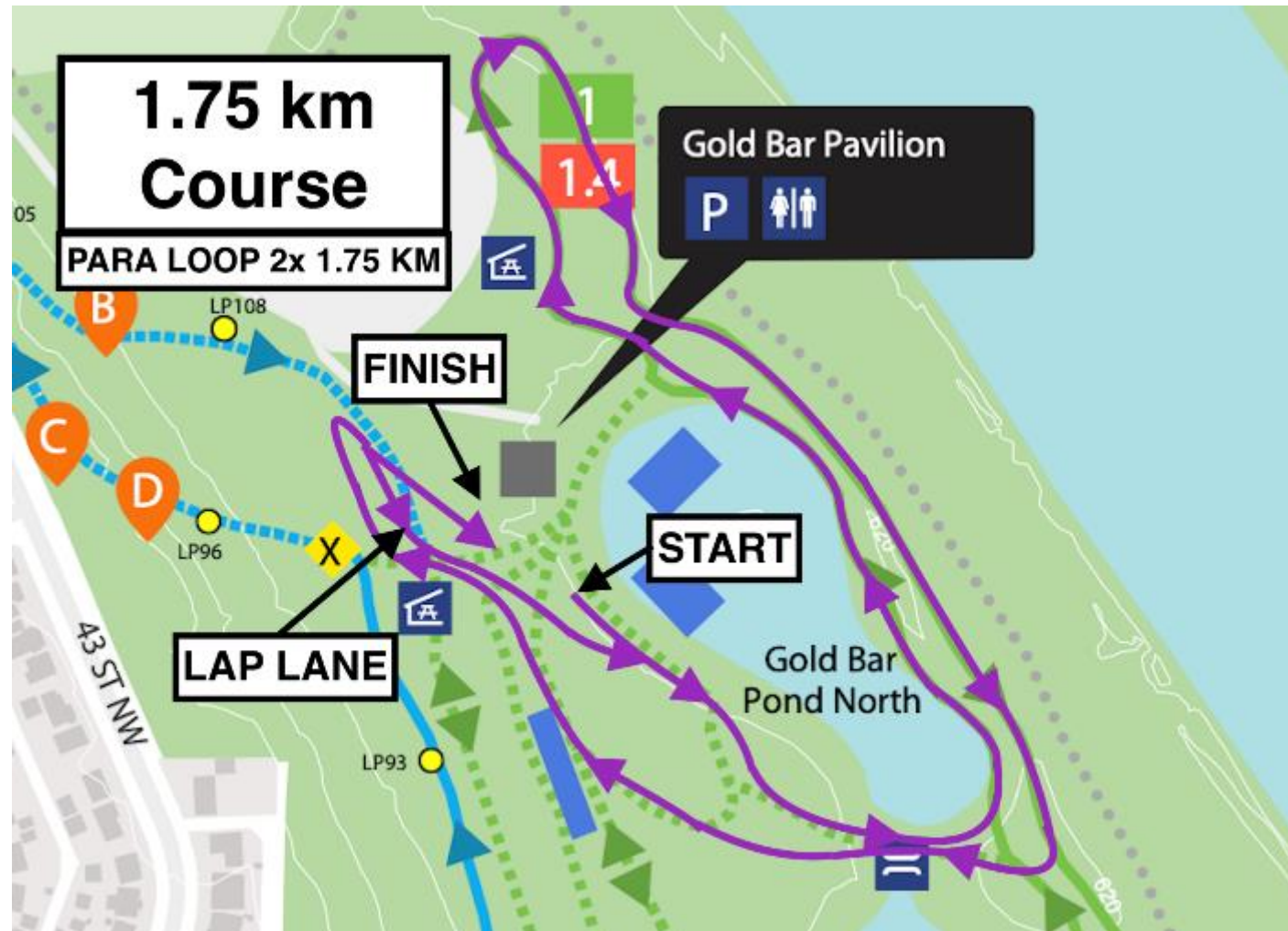
Sunday, January 28, 2024
Individual Start, Free Technique

Category	Distance
U8 B/G	1.0km (Blue)
U10 B/G	1.0km (Blue)
U12 B/G	2.0km (Blue x 2)
U14 B/G	5.0km (Orange x 2)
U16 B/G	5.0km (Orange x 2)
U18 M/W	7.5km (Orange x 3)
Open (U20 & Sr. M/W)	10.0km (Orange x 4)
Masters M/W	10.0km (Orange x 4)
Recreational M/W/non-binary	5.0km (Orange x 2)
Para Nordic Sit Ski	3.5km (PN Sit)

Notes:

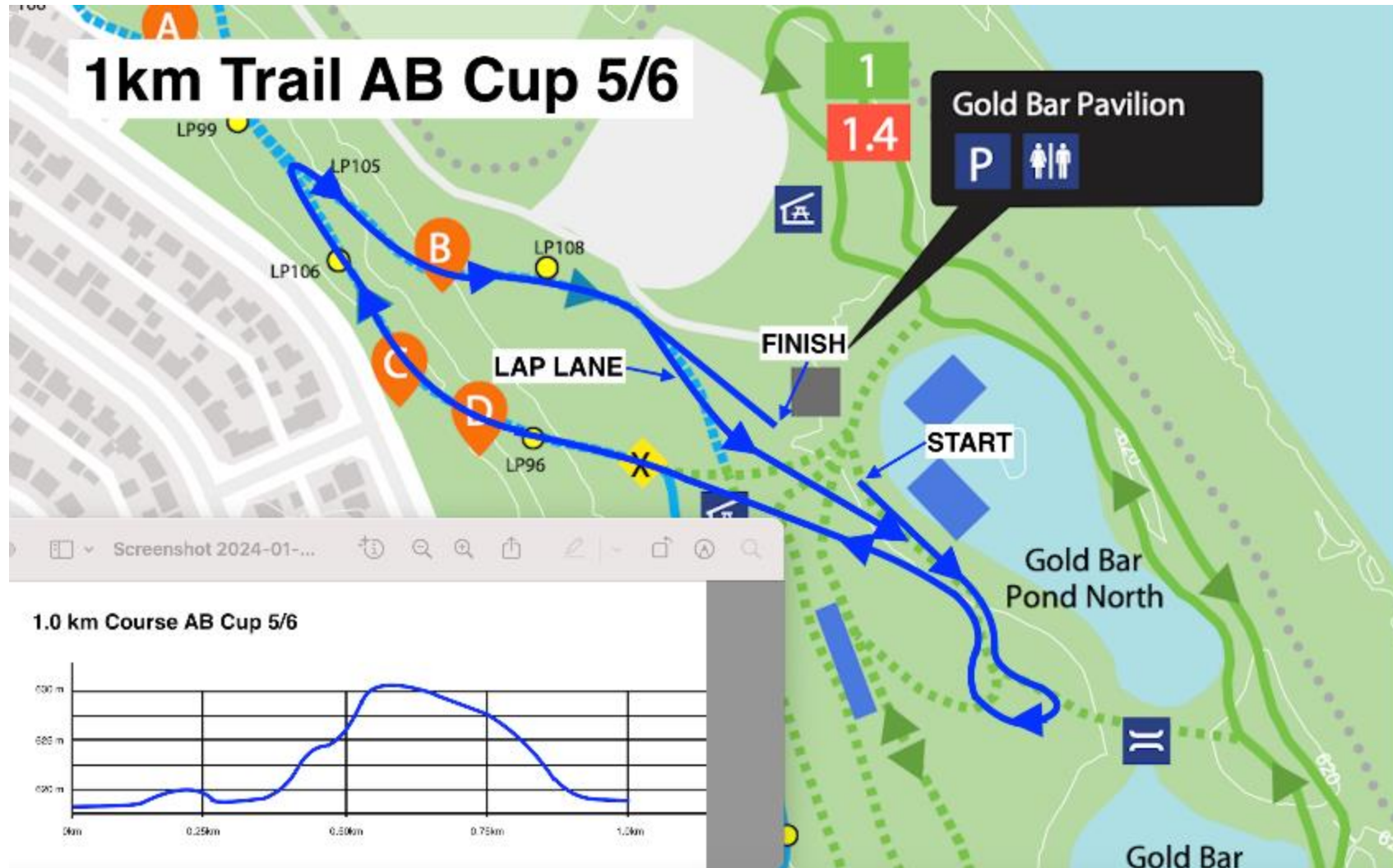
- A Technique Zone will be implemented during the classic race U16 and up.
- The U8 / U10 course will have a skill section for Sunday's race.
- Para Nordic stand skiers will ski with their age categories.
- [Course Maps](#) available online. Courses/distances could change prior to the event.

PN Course – 1.75km

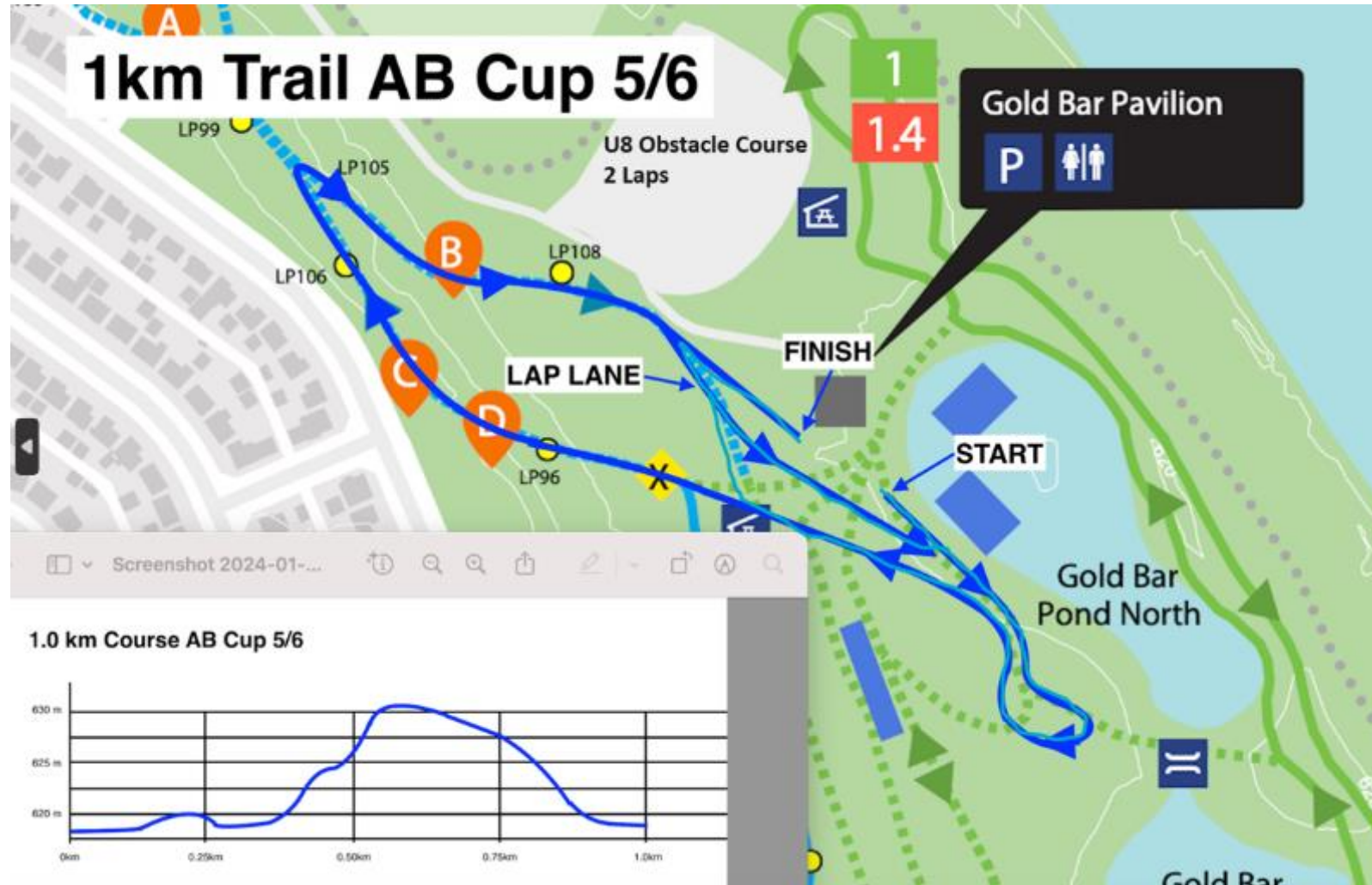




Blue Course - 1km (Obstacle Course)



U8 Obstacle Course



Race Schedule – Sunday

		Start Time	Category	Distance	Course
Sunday, January 28, 2024	Free Technique, Individual Start (15s interval)	8:50	Opening Announcements		
		8:55	PN Course Closed, Warm Up Loop Closed, 50 th st loop open		
		9:00	PN Sit	3.5km	PN Sit x 2
		9:25	Course Closed, Warm Up Loop open		
		9:30	U20 & Open M/W	10km	Orange x 4
		10:00	Masters M / W, Recreational (5km)	10km	Orange x 4
		11:00	Early Morning Awards		
		11:10	U18 M/W	7.5km	Orange x 3
		11:55	U16 B/G	5km	Orange x 2
		12:35	U14 B/G	5km	Orange x 2
		13:15	Late Morning Awards		
		13:40	U12 B/G	2km	Blue x 2
		14:05	U10 B/G	1km	Blue
		14:15	U8 B/G	1km	Blue
		14:30	Afternoon Awards		

Site Map



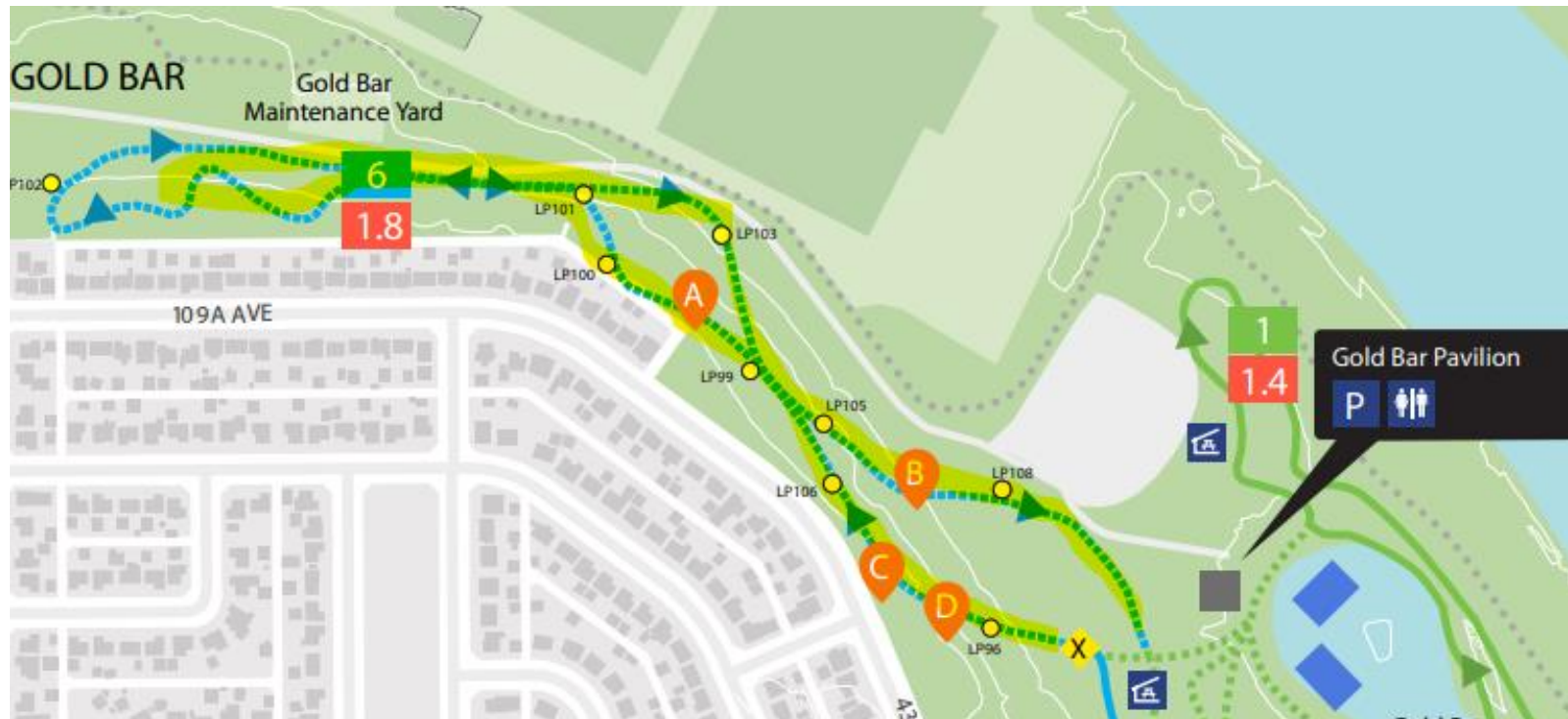
- Race Office
 - Saturday, January 21 – 07:45 – Finish
 - Sunday, January 22 – 07:45 – Finish
- Wax tents
 - Place as marked on site map.
 - Use tent weights or tent pegs to secure tents.
 - Do not park in the handicap spaces, you will be towed
- Medical
 - Pavilion
 - Snowmobile on site ready to go
- Washrooms
 - Inside the Pavilion
 - Porta potties
- Security
 - On site from 9-5. Leave items 100% at your own risk.

- _____



50th St. section of course

- From approximately 8:55 to 9:25 both Saturday and Sunday the 50th st section of the course will remain open for warm up and wax testing. See map inset at left.



Alberta Cup Wax Protocol

Nordiq Canada's testing philosophy is to employ a community minded trust approach.

- Non-flouro (NF) waxes ARE permitted.
- Not permitted:
 - Flouro kick wax
 - High fluoro (HF), medium fluoro (MF), or low fluoro (LF) glide wax, including HF, MF, or LF powders, pucks, blocks and liquids
 - Fluoro cold weather powder additives and hardeners
 - Fluoro grip powders

For more information on the Nordiq Canada Fluoro Policy it can be found at

<https://nordiqcanada.ca/coaches-and-wax-techs/wax-techs/wax-tech-resources/>





Awards

- Awards will take place in front of the pavilion at the following (approximate) times:
 - 13:15 – All Morning categories
 - 14:30 – All Afternoon categories

General Comments

- Technical Delegate: Lisa Marr-Laing
- Nordiq Alberta Race Director: Ivan Babikov
- ENSC Head Coach: Ulf Kleppe
- ENSC President: Jim Rickett
- Chief of Competition: Scott Penny

Parking



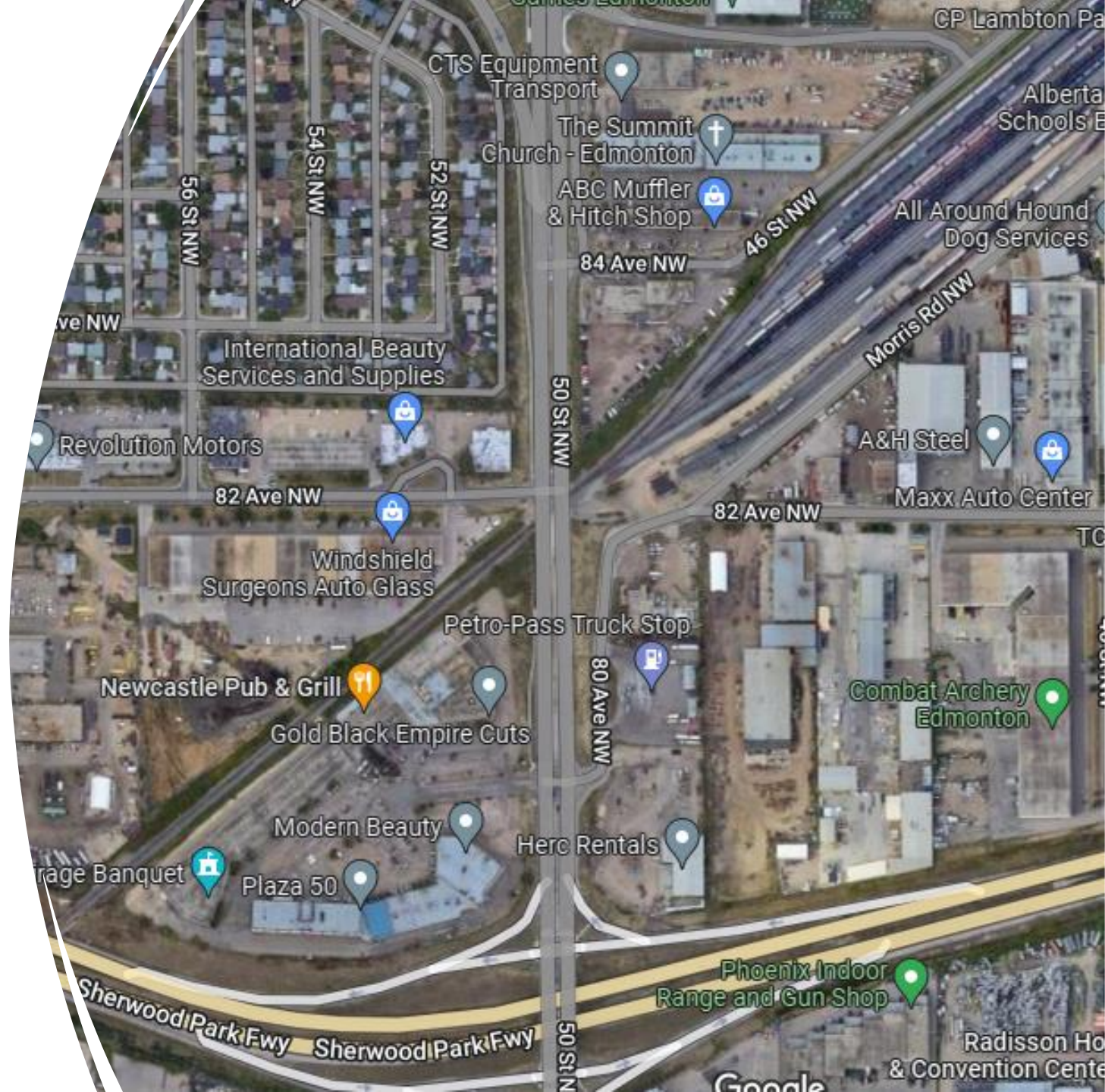
- Parking is limited (~220 stalls).
- Please carpool.
- Please park close to the car beside you. Please take the time to straighten out. If you are early it will look like lots of parking.
- If Gold Bar parking lot is full there is overflow parking at Capilano parking lot but there is NO shuttle this year.
- Do NOT park on Gold Bar park road between 50st and Gold Bar parking lot. This will create a traffic jam for everybody.
- Can drop your skiers off and park if you are in a hurry.

Parking



Local Tip

- Avoid 50th street from Sherwood Park Freeway north to 90th ave.
- Train crossing can cause major delays at anytime plus construction.



Food and Drink


- Gatorade and cookies for racers at finish line
- Food truck on site from 08:00-finish both days – see menu online (breakfast and lunch)

Beverage MENU



- CREAMY HOT CHOCOLATE (12OZ)** 4
 

Topped with choice of whipped cream & chocolate drizzle or marshmallows
- HIBISCUS ROSEHIPS RASPBERRY TEA** 3
 

12 oz of freshly brewed tea blend, served hot or chilled.
- BREWED TEA** 3
 

Hot water served with your choice of tea bag.
Options: green tea, Earl Grey, lemon ginger
- CAN OF POP (355 ML)** 2
 

Options: Coke, Diet Coke, Pepsi, Diet Pepsi, Ginger Ale, Diet Cranberry, Ginger Ale, Sprite, Diet Pepsi, Root Beer
- ENERGY DRINK** 3
 

Can of Red Bull or Red Bull
- WATER OR BUBBLY** 2
 

Bottle of flat water or flavoured can of Bubbly

Breakfast MENU



- PANCAKES (3)** 8
 

Tender, fluffy, golden brown and served with a drizzle of maple syrup and a dusting of powdered sugar
Optional Add-ons:
• Blueberry, strawberry, or raspberry compote +2
• Stuffed with zesty lime cream cheese filling
- FRENCH TOAST (2)** 8
 

Thick slices of bread soaked in a luscious batter of eggs, vanilla, and cinnamon, then grilled to golden perfection. Served with a drizzle of maple syrup and a dusting of powdered sugar
Optional Add-ons:
• Blueberry, strawberry, or raspberry compote +2
• Stuffed with zesty lime cream cheese filling
- BREAKFAST SANDWICH** 6
 

Perfectly cooked egg paired with your choice of bacon or ham, sliced banana, crisp lettuce, a slice of tomato, and a layer of savory cheese. Served on an English muffin.
Option: Add slice of fried potatoes +3
- BREAKFAST WRAP** 10
 

Perfectly cooked eggs (2) paired with your choice of bacon or ham. Served with lettuce, tomato, sliced potatoes, and savory cheese wrapped in a large tortilla.
Option: Add slice of fried potatoes +3

Lunch MENU



- LOADED CHILI HOT DOG** 8
 

Served with fries.
Optional toppings: Chk, fried onions, cheese, jalapenos, pickled hot peppers, sauerkraut, lettuce, and tomato.
Option: Regular Hot Dog with fries 6
Option: Kids Hot Dog with fries 4
- KOREAN BULGOGI TACOS (2)** 8
 

Bulgogi beef or chicken (sweet with a hint of spice). Served with cucumbers, bell peppers, and grated carrot, topped with Squeaky Sauce and toasted sesame seeds.
Options: Tacos or corn tortilla or lettuce wrapped GF
- BURGERS - THREE WAYS! 12-14**


Homemade Burger Patties.
Served with cheddar, lettuce, tomato, onion, pickles, and fries.
• Smashed Beef Burger - 12
• Chicken Burger - 12
• Black Bean Burger - 14
Option: Lettuce wrap GF
- WARM HEARTY CHILI** GF 10
 

Made from scratch.
Warm bowl of fresh hearty chili - ground beef, seasoned with a medley of aromatic spices and fresh ingredients - black beans, garlic, onions, and whole red and jalapenos.
Option: Add slice of bread +2

Coaching on Course



LIMITED SPACE ON COURSE.



PLEASE BE VERY AWARE OF RACERS
WHILE MOVING AROUND THE COURSE.



NO COACH'S ON SKIS ON COURSE
DURING THE RACE.

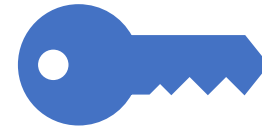
Urban Course



This is an urban course taking place in a city park used by many different groups including dog walkers, mountain bikers and recreational skiers.



We have done advanced signing in the park as well as digital communication to community groups.



There will be marshals at key areas controlling access.

Good Luck!

