



Avalon Nordic Extravaganza
March 12, 2022
Race Notice

Location

Ski trails adjacent to the Pippy Park North Bank Lodge < <https://goo.gl/maps/vgcyizy1FFxUdkXh8> >.

Contact

Erik Charron – Chief of Race, erikcharron@gmail.com, 746-6436.

Schedule and Format

A 1-day event on Saturday, March 12, 2022.

Race Choice #1

19:00: Skate interval start – 2.9 km distance.

19:45: Skate interval start – 0.75 km distance, under 12 youth race.

20:00: Para nordic sit ski race (course distance TBD upon consultation with athletes).

Race Choice #2

20:45: Classic mass start – 2.5 km or 5.0 km, depending on category.

Note these are night races. We recommend wearing a headlamp, although there are also trail lights and significant light pollution from surrounding St. John's (and club members regularly ski without assistance).

Eligibility

All participants must be members in good standing with a club recognized by CCNL/Nordiq Canada.

Registration

Register on Zone4 at < <https://zone4.ca/register.asp?id=28662> >.

Categories Midget to Masters will count for NL Cup points.

Registration accepted until 15 minutes before race start.

Fees (covers all races):

- Ages 11 and under, 0\$
- Ages 12 and above, 20\$

There are no trail pass fees for spectators; who are welcome to ski or snowshoe themselves.

Waxing Facilities/Waxing Protocol

We plan to have standard 15 amp electrical service available at the campsites around “Cabot Trail” (see site map on a later page). Avalon Nordic will have a limited number of benches/forms available for open use. You are welcome to bring your own benches and wax forms and set up on your own, distanced, camp site.

Regardless, we are pleased to offer complimentary glide waxing with our YesWax kit (takes 1 minute); and kick waxing with spray-on klister. This option does not require power; and you will not need to bring any tools or benches.

*** NOTE: high fluoro glide waxes are NOT permitted. ***
Fluorinated kick wax is permitted.

COVID Protocols

- All participants must perform a COVID-19 self-assessment available here < <https://covidassessment.nlchi.nl.ca/> > before attending the event.
- All participants who are 12 years of age or older must be fully vaccinated.
- Unless skiing, participants should wear masks at all times when inside the chalet or where 2m physical distance cannot be maintained.
- There is a maximum 40 people permitted inside the North Bank Lodge. Anyone over the age of 18 will require to show VAX PASS and ID upon entering the North Bank Lodge. Participants should bring sufficient clothing to be comfortable outdoors for an extended period of time.

Awards

Awards will be presented throughout the event, as gaps between racing categories permit.

Seeding

Race #1 – Interval start: The NL Seeding List < <https://docs.google.com/spreadsheets/d/e/2PACX-1vSuz8mneHbctWQdIZ4ghMVBb-Go9z8Wm1Gg68mg2ybJFQD8y6-9DNkHdGX46jzeYSmZP-AZfDRVAJNC/pubhtml> > will be used where available. Random draw or chief of timing discretion otherwise.

Race #2 – Mass start: racers seed themselves.

Accommodations

Lots of choices < <https://destinationstjohns.com/plan-your-trip/accommodations/> >.

Coaches Meeting

Friday March 11, 20:00.

Join Zoom Meeting

<https://us02web.zoom.us/j/87214206484?pwd=Mk5LS0dYc2dUKzJTUlo0ZzMyazVPQT09>

Meeting ID: 872 1420 6484

Passcode: 467560

Site Map



Course Maps

- 2.9k skate loop < <https://www.strava.com/activities/6805290148> >.
- 0.75k skate loop < <https://www.strava.com/activities/6795003491> >.
- 2.5k classic loop < <https://www.strava.com/activities/6805349526> >.

Miscellaneous

There is a nice sliding hill and a playground on site.

A WhatsApp (smartphone app) group will be created to communicate last-minute information. You can opt-in during the Zone4 registration or by texting the Chief of Race at 746-6436.