# NL Cup #3
# Avalon Nordic Extravaganza
# February 16-18, 2024
# Race Notice

## Schedule and Format

A 3-day event from Friday February 16 to Sunday February 18, 2024.

Race #1 – Friday February 16 at the Pippy Park Winter Activity Centre.
20:30: Skate interval start – 3.14 km distance.
20:55: Skate interval start – 0.75 km distance, under 12 youth race.
20:55: Para nordic sit ski race (course distance TBD upon consultation with athletes).

Race #2 – Saturday February 17 at Butter Pot Park.
15:00: Classic mass start – 5.5 km distance.
15:15: Classic mass start – 2.3 km distance, under 12 youth race.

Event #3 – Saturday February 17 in St. John's.
1830-2230: Food, board games, Minneapolis World Cup race viewing and gymnastics-parkour social.

Event #4 – Sunday February 18 in Upper Pippy Park.
09:30-11:00: Backcountry classic ski tour (regular nordic classic skis are appropriate – this will be on narrow groomed trails in the woods).

## Eligibility

All participants are encouraged to be members in good standing with a club recognized by CCNL/Nordiq Canada. Waivers are available for non-members.

## Registration and Fees

Register on Zone4 at < https://zone4.ca/register.asp?id=34626 >.

All ages and genders competing on a common race course will race together. Awards are given in able-bodied, paranordic standing, and paranordic sitting categories. Able bodied results will be broken down by age groups {U12 (ages* 0-11), U14 (ages* 12-13), U16 (ages* 14-15), U18 (ages* 16-17), Senior (ages* 18-29), and Masters (ages* 30+)} and two gender categories {everyone, and women}.

** Age is calculated on Dec 31 2023.*

Fees (per race):

- U12 races, 5$
- All others, 15$ + 3$ Insurance Fee

Online registration is accepted until midnight on February 14. Afterwards, in-person registration is available at the discretion of the race director at double the cost.

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

This race is part of the NL Cup, a multi-event series held across the province. Your best 4 races count towards an overall NL Points List score < https://crosscountrynl.com/standings >. Who will win the season-long competition?

## Course Maps and Profiles

- Race 1
  - 3.14 km skate < https://www.strava.com/activities/6794986985 >.
  - 0.75 km skate < https://www.strava.com/activities/6795003491 >.
- Race 2
  - 5.5 km classic < https://www.strava.com/activities/8435722877 >.
  - 2.3 km classic < https://www.strava.com/activities/8435449965 >.

## Important Info

Race #1 is a night races. We recommend wearing a headlamp, although there are also trail lights and significant light pollution from surrounding St. John's (Avalon members regularly ski without assistance).

For Race #2, the stadium is a significant distance (1.3 km, mostly downhill) from the parking and waxing area. Skis or snowshoes are required to access the stadium and/or spectate the race.

## Social

Our Saturday evening social will be a pizza party followed by board games and a viewing of the day's Minneapolis World Cup race. Following that we've booked Cygnus gymnastics facility from 9:00PM-10:30PM to play a giant game of "the floor is lava". Join coach Erik as he teaches basic rolls, jumps, landings, and handstands over a variety of terrain, plus beginner parkour moves (with soft landing mats). Suitable for beginners, younger siblings and adults alike. Wear light clothing - shorts or tights, and a t-shirt. No indoors shoes allowed - bare feet are recommended.

## Locations

Race #1 – Pippy Park Winter Activity Centre, parking by the North Bank Lodge < https://goo.gl/maps/vgcyizy1FFxUdkXh8 >. Overflow parking is also available by the Fluvarium and the playground.

Race #2 – Butter Pot Park, parking is available in two locations:

1. Large paved parking lot < https://maps.app.goo.gl/4Z8xAqhV8ZX3jDeD8 >. This lot is adjacent to the waxing area. It is 1.3 km (mostly downhill) to the stadium.
2. Avalon Nordic clubhouse <https://maps.app.goo.gl/aQHFNgiVf2AiHCQz7 >. It is a 2.5 km (flat & downhill) to the stadium.

Event #3 – Social. Part 1 (18:30-20:55) will be at a home (address will emailed to registrants). Part 2 (21:00-22:30) will be at Cygnus Gymnastics < https://maps.app.goo.gl/vPtVnNi3KzLkGpwo8 >.

Event #4 – Upper Pippy Park Backcountry < https://maps.app.goo.gl/dKpr5kmez5fdB6ZP7 >. Parking is also available along Allendale Road (one side, or both sides – as signage indicates).

## Waxing Facilities/Waxing Protocol

There is limited waxing infrastructure at Pippy Park. However, the race organizers are pleased to offer complimentary glide waxing with our YesWax kit (takes 2 minutes). Just proceed to the waxing area and a volunteer will take care of it.

There is slightly better waxing infrastructure at Butter Pot Park. An outdoor waxing area will be set up at the park entry kiosk here < https://maps.app.goo.gl/W3NfKhvYBmwqdSsNA >. Again, the race organizers are pleased to offer complimentary glide waxing with our YesWax kit (takes 2 minutes). Just proceed to the waxing area and a volunteer will take care of it. The race organizers will also provide kick wax recommendations and kick wax. However, if clubs can bring extra benches and staff to apply the wax, it would be appreciated. It would help if classic skis are cleaned of old kick wax before you arrive.

*** NOTE: fluoro waxes are NOT permitted. ***

There is also limited indoor waxing space provided at the Butter Pot clubhouse, but note it is a 2.5 km ski to the stadium.

## Awards

For race #1, awards will be presented in the North Bank Lodge at the conclusion of racing.

For race #2, awards will be presented in the stadium at the conclusion of racing.

## Seeding

The NL Seeding List < https://docs.google.com/spreadsheets/d/1Mjwt8RcAl0tId4gFLsiw7Ex6sLRJEn_mQkhT_fwJwW4/edit?pli=1 > will be used where available. Random draw or chief of race discretion otherwise.

## Accommodations

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

## Contact

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

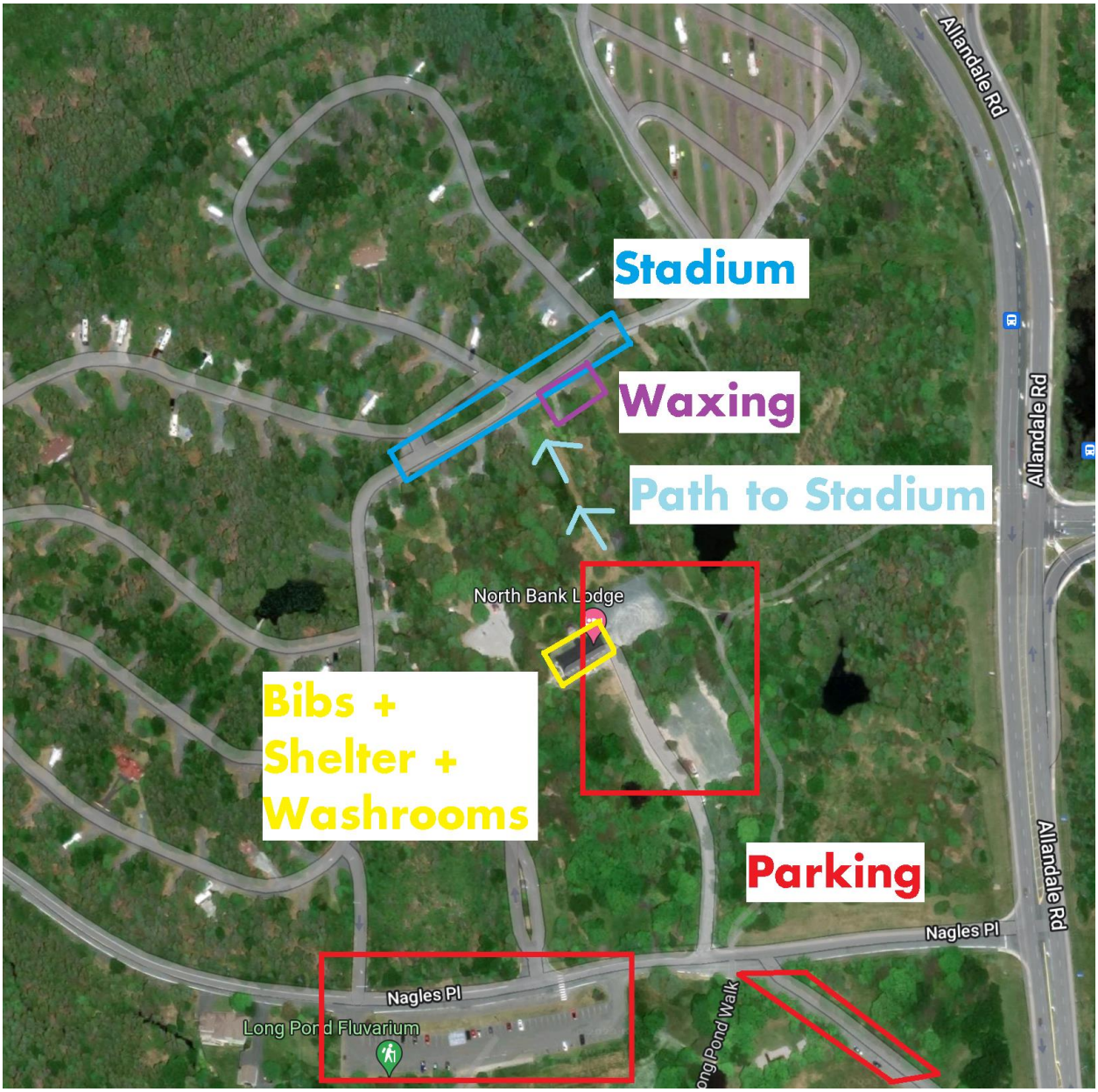
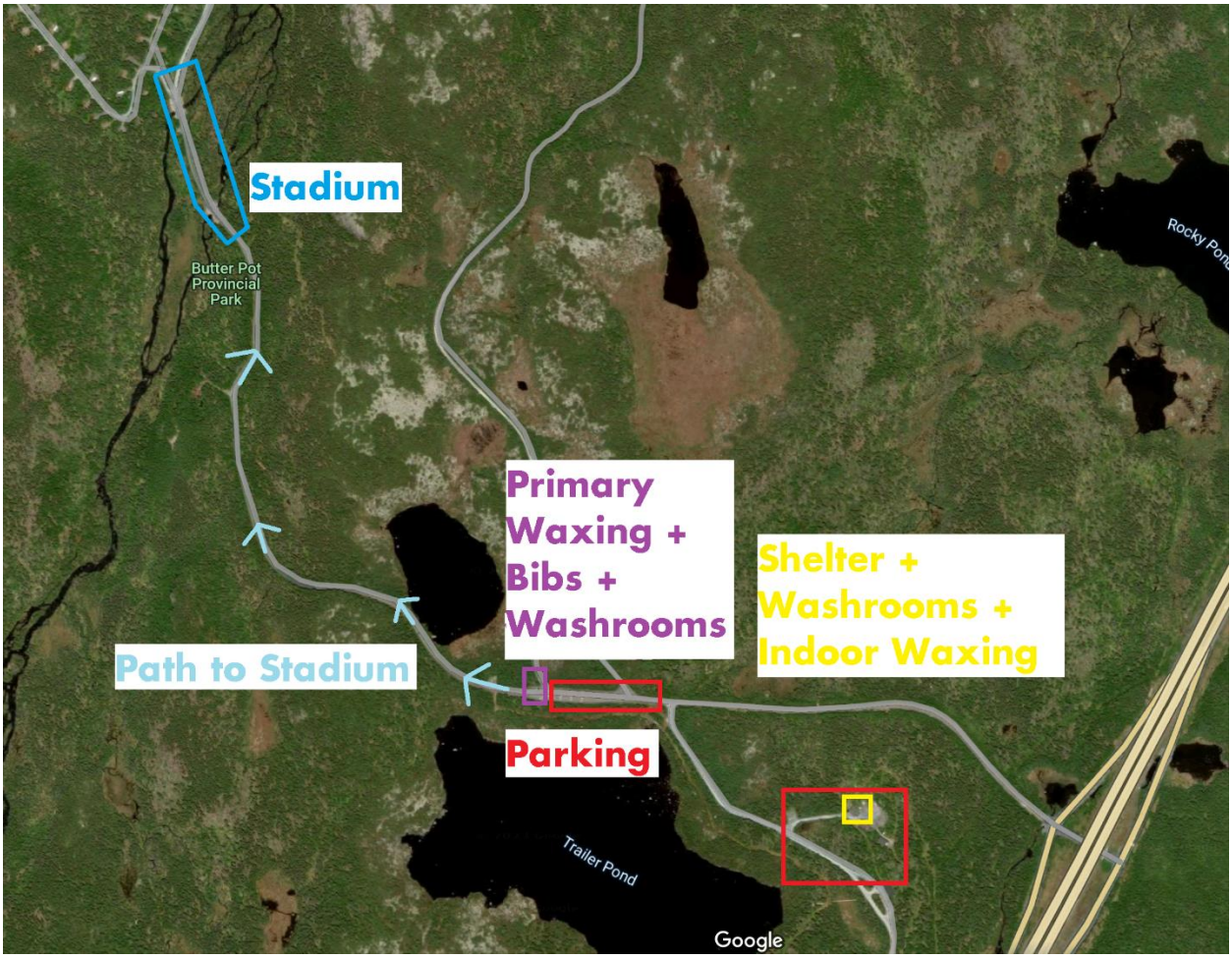
## Coaches Meeting

Thursday February 15, 12:00 lunch.

Join Zoom Meeting:
https://us02web.zoom.us/j/81125213056?pwd=Z3lVSzB3YTdSNmlETVpHYlBHUnRLZz09

Meeting ID: 811 2521 3056
Passcode: 290465

# Site Map – Pippy Park Winter Activity Centre



# Site Map – Butter Pot Park