

## Sunday DONUT Race - Mini Race Notice

The SFNSC Race Organizing Committee would like to invite Club skiers to participate in a practice classic technique, mass start race to help our volunteers prepare for hosting the Ontario Youth Championships in March. Racers will get a DONUT at the finish line!

**Date:** Sunday, January 28, 2024 from 11:30 to 2:30 pm

### Eligibility:

- Athletes must be registered 2023-2024 SFNSC Club members
- U18 (2006, 2007), U16 (2008, 2009), U14 (YOB 2010, 2011), U12 (YOB 2012, 2013), U10 (YOB 2014, 2015) and U8 (YOB 2016, 2017) athletes only. Age is as of December 31, 2023.

### Registration and Fees:

- To participate, athletes must register by Saturday, January 27 at 5:00pm on [Zone4](#)
- There is no fee to participate in this practice race if you are a 2023-2024 SFNSC Club member.
- Club membership may be purchased on [Zone4](#).
- [Confirmation list](#)
- Final start lists will be posted on Zone4 and on site Sunday.

### Event Categories and Distances:

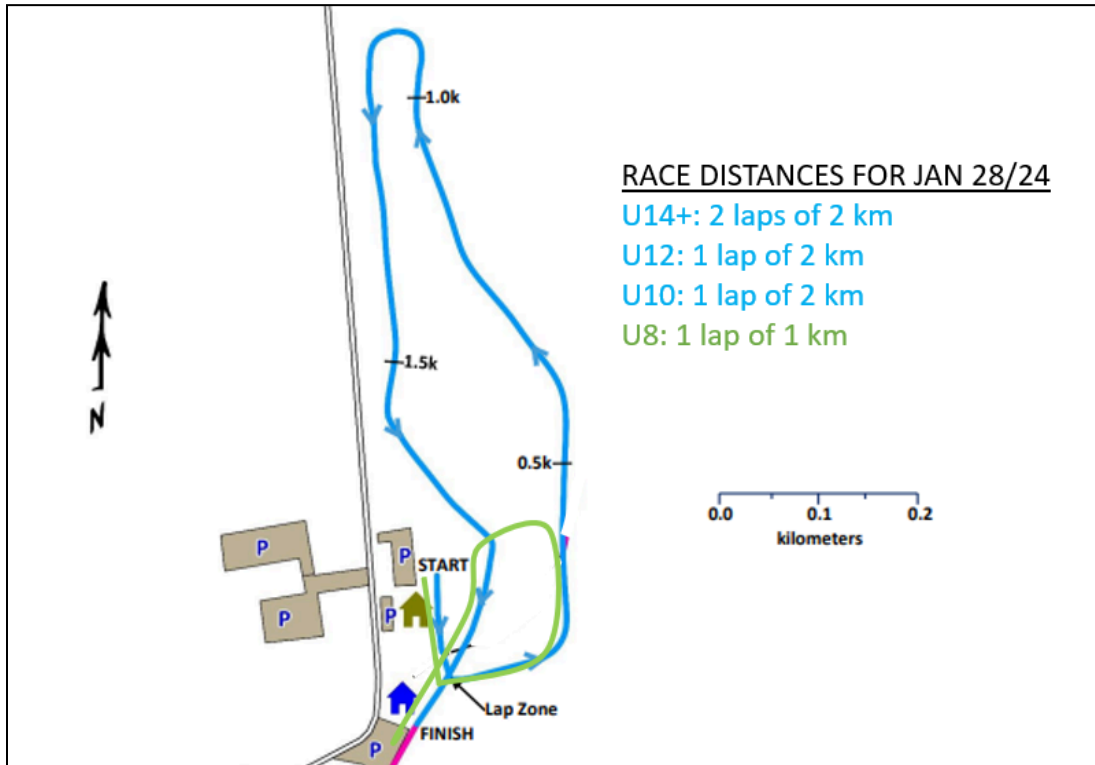
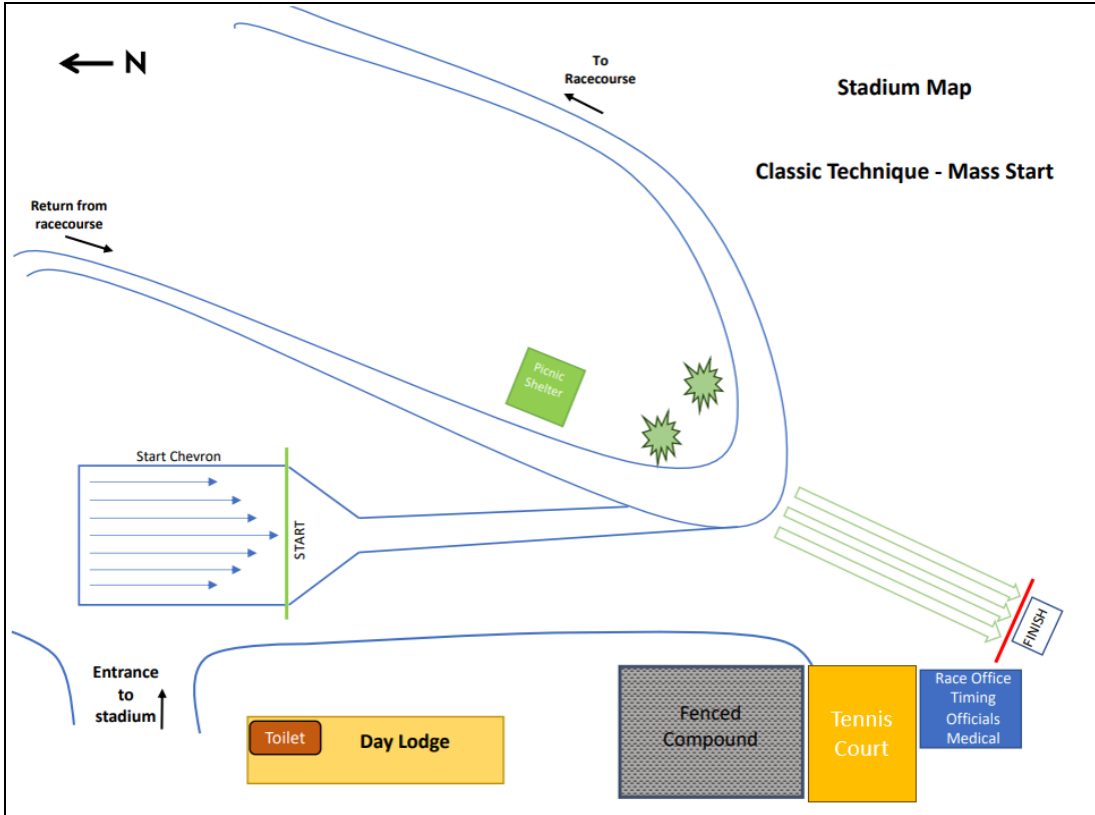
Category (YOB)	Classic Technique, Mass Start Distance	Race Start Time (approx.)
U18 (2006, 2007)	4 km (2 X 2 km laps)	1:00 pm
U16 (2008, 2009)	4 km (2 X 2 km laps)	1:00 pm
U14 (2010, 2011)	4 km (2 X 2 km laps)	1:00 pm
U12 (2012, 2013)	2 km (1 X 2 km)	1:30 pm
U10 (2014, 2015)	2 km (1 X 2 km)	1:30 pm
U8 (2016, 2017)	1 km (1 X 1 km)	1:50 pm

### Race Courses and Site Map

Start grid (chevron format) is on the ball field. Finish line is at the blue clubhouse.

The start grid will be 5 classic lanes, transitioning to 3 lanes before the corner (corner is labelled lap zone on map), and 2 lanes after the corner for the rest of the course (including finish). UPDATE: DUE TO LOW SNOW, THERE WILL NOT BE ANY LANES GROOMED FROM THE CHEVRON TO THE CORNER (I.E., 5 TO 0 TO 2).

Trail used is the 2 km Kinsmen Lighted for U18, U16, U14, U12, and U10s. U8s will take the 1 km cut off.



### **Wax Protocols**

- Waxing products with fluoro are not permitted for kick and glide.
- Please wax on your own (no team waxing available).

### **Bib Pick Up and Return**

- Each registered athlete (or parent of athlete) will pick up their bib inside the Kinsmen Centre between 11:30 and 12:45.
- Bib Return: please ensure bibs are returned at the finish line. There is a \$75 fee for unreturned bibs.

### **Results**

- Results will be posted on Zone4.
- Results will be produced by year of birth (YOB) and by category (combined and uncombined).

### **Parking**

- We encourage patrons to use both Pinder parking lots and the area by the blue clubhouse.

### **On-Site Emergency Plan Overview**

- The Chief of Medical will have an indoor First Aid Station set up in the blue clubhouse (767 Landslide Road) on Sunday. An AED is located in the Hiawatha Highlands chalet, 780 Landslide Rd.
- Inhalers, EpiPens, and other medications should be carried by parents or your club supporters in the stadium area, to be readily available in the event of an emergency.
- Please be cognizant of minimizing exposure of others to any nut products you bring.
- When calling EMS, the practice race is being held at:
  - Soo Finnish Nordic Ski Club, Hiawatha Highlands, Kinsmen Park
  - 769-780 Landslide Road, Sault Ste. Marie
  - Phone Number: 705-256-7258
- Address of Sault Area Hospital: 750 Great Northern Rd, Sault Ste Marie
  - Directions from Hiawatha Highlands to Sault Area Hospital:
    - Head South onto Landslide Road leaving Hiawatha Highlands.
    - Continue onto Fifth Line.
    - Turn South/left onto Highway 17.
    - Stay on Highway 17- Great Northern Road for approximately 3.5 km.
    - Turn Left onto Lukenda Drive into Hospital driveway; follow signs to Emergency.