

Kootenay Cup - Kimberley, BC – January 17-18

Trip Details

COACHES:

Trevor Kiers 778 581 8216

Peter Sullivan



BASICS:

- Wear your CNSC race suit during races and CNSC Jacket during training
- Lights out at the latest 10pm
- Eat healthy (good fuel=good energy)
- Be on time
- Try your best
- **Have fun**
- Thank a Volunteer each day
- And don't forget to have fun!

RACE VENUE:

The races will be held at the Kimberley Nordic Centre, 840 N Star Dr, Kimberley, BC V1A 3E9

Here is a link to the [Race Notice](#)

DRIVERS:

Athletes are responsible to organize their own transportation to and from Canmore to Kimberley and to and from the hotel to the races. The OC has mentioned the limited parking up at the venue, and suggests that you may also take the free shuttle up to the venue, skis are welcome on the bus. See the [schedule here](#)

ACCOMMODATION:

You will have received information from either Trevor or Lenke about possible accommodation earlier in 2025. If you missed the group bookings, it's no problem, there are plenty of options out there still. We will not be staying as 1 big team, so you may choose where you'd like to go :)

FOOD:

Athletes and families are responsible for all your own meals. There are kitchens in the condos that were suggested, or many great restaurants in Kimberley for take out.

PRE-SKIING THE RACE COURSE:

We will meet as a team on Friday, January 16 at 4:30PM to **skate** ski the sprint and distance courses before it gets dark. Your day pass for Friday, Saturday, and Sunday is included in your race fee. It will just be about a 45 minute ski to loosen up after the drive. If you cannot make it for 4:30pm, do not stress about it. It will be possible to ski the sprint course in your warm up and then ski the Sunday race course for your cool down.

FORUM AND WHATSAPP:

There will be no formal team meetings, Peter and Trevor will be updating a special Forum post for the races with all the information. The Team Captains meeting is set to be held on Friday at 7pm, so sometime around 8pm Friday night, you will get a load of information. Parents may join in this [group chat](#) which I'll try to pop in any last minute information, and let you know when the Forums are up. You can also use it to organize some car pooling, and cheer squad location finding!

REGISTRATION:

Registration for the races is on zone4.ca as usual. **Registration closes January 13, 23:59 MT.** There will be no race day registrations. It is better to sign up earlier than later! Register as Canmore Nordic on the drop down menu.

[Link to registration](#)

SKI PREPARATION:

It would be good to glide wax your skis with Swix CH6 or PS6 before we leave, but the most important thing is getting out and trying your hardest at the race. TAs especially, if you are not able to glide wax before traveling, that is ok. Please scrape and brush your skis before traveling and protect your bases with socks so that they do not rub together. We will not be doing any type of glide waxing at this event.

Clean and sand your kick zones. **Mark your kick zones clearly please and draw the lines across the top of your ski so they do not disappear when you clean your skis.**

Please bring Classic Race Skis to the Canmore Nordic Tent 1.5hr before your start on Saturday Morning.

- TA estimated 9:00AM
- U14 estimated 10:15AM
- Coaches would love some help kick waxing ~40 pairs of skis, so if you are available and keen, please let Trevor know.

BASIC SCHEDULE:

Check race notice and the Forum updates with all the info

Friday (16th):
-Drive to Kimberley, BC
-Skate ski at 4:30pm at the Kimberley Trails. Ski sprint and distance course

Saturday (17th):
-9:00am Classic Sprint
➤ As of now, no qualifier, and will be put straight into heats! (TBD)
-1.5hr before your start, deliver skis to the Canmore Nordic Tent
-1hr before your category start, Meet at Canmore Nordic Tent to warm up

Category	Distance	Course	Start Time
U12G	200m	1 x 200m	10:30
U12B	200m	1 x 200m	11:00
U14G	400m	1 x 400m	11:45
U14B	400m	1 x 400m	12:00

Sunday (18th):
-U12 Girls is our first category out at 10am for Skate Mass Starts!
-1hr before your category start, Meet at Canmore Nordic Tent to warm up
-Return to Canmore after racing and awards

EQUIPMENT:

- ☐ Skate and Classic skis, poles, and boots
- ☐ Waterproof jacket (you never know...)
- ☐ Swim suit
- ☐ Ski clothing (everything from -20 to +10 weather)
- ☐ Regular clothes
- ☐ Drink belt
- ☐ Toque AND buff
- ☐ Watch
- ☐ Sports bars/snack for right after training/racing
- ☐ Winter boots & parka (small lodge at venue)
- ☐ Toiletries
- ☐ Homework
- ☐ Cow bells!