





and **Our Valued supporters** present the **2010 Rides of March**



<b>EVENT:</b> 	<b>Rides of March - Western Canadian Masters Alpine Championships</b> Nakiska, Alberta. 4 race starts; 2 x SG and 2 x GS. Friday - SG training, Saturday – 2 x SG, Sunday – 2 x GS. Held on Mapmaker; training run for Canada’s National Alpine Ski Team.	
<b>HOST:</b>	Alberta Masters Ski Club	
<b>LOCATION / COURSE</b>	Nakiska Resort, Kananaskis, Alberta MapMaker run on the new Express Gold chair <a href="http://www.skinakiska.com/">http://www.skinakiska.com/</a>	
<b>SANCTION:</b>	ACA/AASA	
<b>DATES:</b>	Friday March 12, 2010 Saturday March 13, 2010 Sunday March 14, 2010	Timed Training SG runs 2 x SG races 2 x GS races (1 run each race)
<b>ELIGIBILITY:</b>	<b>As per 2009/2010 Racer Handbook</b> Open to All Canadian national card holders; including FIS and K2 athletes. A weekend race card is available for purchase at registration. Note that National points will not be awarded for a weekend card.	
<b>RACE RULES:</b>	As per ICR. Protests in writing within 15 minutes of DSQ. Posting accompanied by \$20.00 per protest. All seeding will be done by Masters age category. National points will determine the bib order within seeds.	
<b>ENTRY DEADLINE:</b>	<b>2100 hrs, Monday, March 8<sup>th</sup>, 2010.</b> Entries accepted after the deadline will be seeded last in their appropriate age category.  <b>Day of Registration</b> will be available in the lobby of the Nakiska main day-lodge up to 08:30 hrs each race morning to allow for late entries and to facilitate bib dispersal.	
<b>ENTRY FEE:</b>	<b>\$200.00 for 3 days; includes 2 draw tickets.</b> Each day there will be a draw for one pair of Nordica All Mountain skis (valued at \$1000 each) and other prizes. <b>Friday Training only \$45.00;</b> <b>Saturday SG only \$90 includes 1 draw ticket;</b> <b>Sunday GS only \$90 includes 1 draw ticket.</b> Fees are due by the Team Captain/Draw meeting. Race Office opens for payment at 14:00 hrs, Friday March 12 <sup>th</sup> . Payment by cash, cheques, traveler’s cheques, and money orders only. Make cheques payable to: <b>Alberta Masters Ski Club.</b> A race card is required. Weekend race cards will be available at registration at a cost of \$45. This \$45 fee goes to Alberta Alpine & Alpine Canada.	

<b>DEPOSIT:</b>	A deposit of \$10.00 per competitor is required. This will assist in replacing lost bibs, etc. The competitors are reminded that this is their race and assistance is required during maintenance and course teardown.	
<b>ENTRIES:</b>	<b>Fax or email COMPLETED ENTRY FORMS to:</b>	
	<b>Phyllis Kennedy</b> <b>Tel: (403)993-5204 evenings</b> <b>FAX: (403)292-6001</b> <b>(no faxes after entry deadline)</b> <b>Email: <a href="mailto:kennedype@shaw.ca">kennedype@shaw.ca</a></b>	<b>Andrew Dawson</b> <b>Tel: (403) 890-0340</b> <b>Fax: (403) 398-1690</b>  <b><a href="mailto:andrew.dawson@shaw.ca">andrew.dawson@shaw.ca</a></b>
	<b>An email confirmation of entries will be sent</b>	
<b>LIFT TICKETS:</b>	Competitors and Coaches - \$39 per day. Please present your bib at the ticket counter.	
<b>DRAW/ Team Captains MEETING:</b>	1600 hrs Friday, March 12 <sup>th</sup> in the Nakiska day lodge for the Saturday SG 1600 hrs Saturday, March 13 <sup>th</sup> in the Nakiska day lodge for Sunday GS Race Office located in basement of the house at the bottom of Legacy Run.	
<b>AWARDS:</b>	Awards will be presented each day at the Nakiska Day Lodge. We will make every effort to be wound up Sunday by 16:00 hrs. Awards will be presented in as many masters' categories as permitted at the determination of the ROC.	
<b>MASTER'S WORLD CUP POINTS</b>	Master's World Cup points will be awarded in each race in the following age categories: 18-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+	
<b>VOLUNTEERS:</b>	Volunteer check-in at the Race Office 07:45 to 08:30 hrs each morning. In the spirit of Masters racing please bring a friend who can pitch in. Volunteers will receive a lunch and a lift ticket each day. Our volunteer coordinator is Diana Liptak. Please email her at <b><a href="mailto:dianaliptak@gmail.com">dianaliptak@gmail.com</a></b>	
<b>RACE COMMITTEE:</b>	Chief of Race: Chief of Volunteers: Chief of Course: Chief of Equipment: Race Admin: Chief of Timing Technical Delegate	Derek Demers Diana Liptak Don MacKenzie Scott Findlay Phyllis Kennedy Dave Bartel Nick Tadeo  (403) 993-5204
<b>ACCOMMODATION:</b>	Accommodations are the responsibility of individuals and/or coaches. Local options include the Executive Resort at Kananaskis, the Delta Kananaskis Lodge and the Stoney Nakoda Resort. Preferred rate available at the Delta Kananaskis Lodge as low as \$99 per night book before February 26 <sup>th</sup> . Please quote Alberta Masters Ski Club – Group Code OAMS0312. <b>Contact Heather at 403 591-6844 or</b> <b>Email: <a href="mailto:hreddick@deltahotels.com">hreddick@deltahotels.com</a></b> <b>Toll Free: 1-866-432-4322</b>	
		

## **Event Details:**

**Thursday March 11<sup>th</sup>** is a setup day, free skiing will be permitted on the run. If you are able to lend a hand in final setup and preparation for the training and racing, your assistance will be greatly appreciated. Our crew will be on the Mapmaker run during the day.

**Friday March 12<sup>th</sup>** is SG Training which will take place in the morning as time permits. The tentative schedule is for training starting at 10am until 1pm. A mandatory inspection from 9:30 to 10:00 must be taken prior to taking a training run. Our wireless timing system will be setup for athletes to use. You will be assigned a number at the start of the day Friday in the lower day lodge during registration. Results will be available at the end of the day. The training course will be closed early in the afternoon to allow for the race course to be set. Please ensure you assist the course setter with race hill preparation and setting assistance. Your contribution to assist helps our other individuals, many of whom are racing as well. Friday's team captains meeting @ 1600 hours in the Nakiska Day Lodge, will formalize the daily schedule, starts, bibs and issues for Saturdays Super G races.

## **Saturday March 13<sup>th</sup>**

Two serious 60 second plus SG races on MapMaker will leave you wanting more. This run will be used during the Canadian National Championships starting the following weekend. Finish at the base of the new Express Gold chair.

## **Sunday March 14<sup>th</sup>**

Two 1 run full length GS races are on track for Sunday. Expect 60 second + runs on the same track as the Super-G with a slightly shortened length.

## **Saturday March 13<sup>th</sup> & Sunday March 14<sup>th</sup> - Tentative Race Day Schedule:**

Race office opens	7:30 am - Legacy House basement
Volunteer check in	7:45 to 8:30 am @ the race office; race office equipment and job assignments; lift ticket (if you don't have a season pass), and lunch.
Bib / Racer Registration	7:45 to 8:45 each morning @ the Lobby of Nakiska day lodge
Lifts open	8:30 am Silver express, Gold Chair 9:00 am
TD inspections complete	9:20 am
Course open Race insp.	9:30 am to 10:00
Ladies Forerunners	10:25 am
Ladies Racers	10:30 am
Course Work	Immediately following Ladies Racers
Men's Forerunners	10:55 am
Men's Racers	11:00 am
2 <sup>nd</sup> Race Prep	Immediately following first race with course reset where necessary. Please ensure you make yourself available to assist with slipping.
2 <sup>nd</sup> Race Jury Inspection	12:00
2 <sup>nd</sup> Race Inspection	12:15 – 12:45
Ladies Forerunners	12:55 pm
Ladies Racers	1:00 pm
Course Work	Immediately following Ladies Racers
Men's Forerunners	1:25 pm
Men's Racers	1:30 pm
Team Captains Meeting & Daily Awards	3:30 pm in the Finish Line – upstairs in the main day lodge.
Silent Auction	3:00 pm in the Finish Line – upstairs in the main day lodge.

Times will be posted at the timing shack at the bottom of the Express Gold chair. An electronic display board will be in the finish area with your time and current placing.

After the SG race, hill prep and GS course setting will occur. Please ensure you cycle to the top of the course to assist with course work and setting.

Note that no awards will be presented until after all course work is completed. At this time we anticipate presenting awards in 10 year age increments for both male and female categories. The final decision on award categories is at the discretion of the ROC and is made based on the number of entries received.

Daily Video: As available; will be run in the Finish Line after course work is complete. Video will be made available on the Internet for individuals to view and download.

Photo's: in continuation with our tradition, each athlete will receive pictures from the event. CD's may not be available until after the event however every attempt will be made to provide our out of town guests and non-Alberta Masters club member with their photos as soon as possible after the event.

All four races are being counted for Master's World Cup points, used to determine the Canadian Masters Ski Team (CMAT) each year. For racers in Western Canada; this series in conjunction with the Sun Peaks Nationals will be necessary events for Master's looking to make the team. Refer to the ACA Masters site for detailed criteria; <http://www.acamasters.com/webconcepteur/web/alpine/en/masters/nav/nationalteam.html>. Age Classes for Masters World Cup points: 18-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+.

**NOTE:** We will be having a **Silent Auction** on Saturday and Sunday in the Finish Line lounge during our après ski activities. A variety of skiing and non-skiing items will be included. Your support of this auction is appreciated. Funds raised go to offset the cost of hosting this event. The auction will open at 3:30 on Saturday and will close at the end of the awards presentation on Sunday. All payments must be made by check or cash to the Alberta Masters' Ski Club. Thank you for your support.

It is imperative that your acceptance of the hazards of Alpine racing and provisions for competitor's cards and appropriate insurance as provided by Alpine Canada be met. Jury decisions regarding competitor fitness and safety equipment are final. It is the competitor's responsibility to accept the challenges of conditions and measure their own abilities. We have an excellent hill, well prepared with excellent safety and a professionally administered race.

This will be a great race for winding up the Thursday Night Lights series at COP and a great warm up for both the Bruno Engler race @ Norquay and the Canadian Masters Championships at Sun Peaks in early April.

Fence tear-down and clean-up will likely be minimal as the Canadian National Championships start at Nakiska as soon as we are finished. However, we will have equipment to bundle and pack down the hill. Please ensure you are at the top of the race course on Sunday afternoon to assist with moving our equipment back to the bottom of the hill.

This event will also likely be the best SG and GS races in your 2010 calendar. Thank you for joining us and making this event successful.

**NOTE: Sunday March 14<sup>th</sup> is the start of Day Light Savings time.**



**Our Valued supporters** present the **2010 Rides of March**



**Registration Form:**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, Province, Postal Code \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

National Card Number: \_\_\_\_\_ (weekend race card will be available at the registration desk if you don't have a National race Card)

Three Day Package: \_\_\_\_\_ x \$200

Friday Training Only: \_\_\_\_\_ x \$45

Saturday SG Only: \_\_\_\_\_ x \$90

Sunday GS Only: \_\_\_\_\_ x \$90

For non-member of the Alberta Masters Ski Club - Payment by cash, cheque, money order can be made at the Registration desk in the Day Lodge or mailed prior to March 1<sup>st</sup>, 2010 to 20 Valley Stream Close NW, Calgary, Alberta, T3B 5V7. Receipt of your payment will be acknowledged. If you don't receive confirmation of payment, please ensure you bring payment with you as you will not be allowed to race if you aren't paid.

\$200.00 includes training and race entry for 3 days, 2 draw tickets for two pairs of Nordica All Mountain skis (valued at \$1000) and other draw prizes.

Training only \$45.00

Saturday only \$90 includes race entry and 1 draw ticket

Sunday only \$90 includes race entry and 1 draw ticket.

Friday March 12<sup>th</sup>, 2010 – Timed SG Training Runs

Saturday March 13<sup>th</sup>, 2010 – 2 x SG races

Sunday March 14<sup>th</sup>, 2010 – 2 x 1 run GS races

Email completed registration form to Phyllis @ [kennedype@shaw.ca](mailto:kennedype@shaw.ca) or Andrew @ [Andrew.dawson@shaw.ca](mailto:Andrew.dawson@shaw.ca).