



The 2024 Muskoka Loppet – Notice of Race

Arrowhead Nordic Ski Club, with the help of our sponsors, Arrowhead Provincial Park, and many volunteers, welcomes you back! Whether you are a racer, recreational skier, or fitness enthusiast, why not take the opportunity to enjoy the scenic beauty of Arrowhead in its winter splendour. We hope to see you here!

This year we are pleased to host the Masters Skiers as the Muskoka Loppet will also be the third leg of the Ontario Masters Championships! **Welcome Masters!**

***** Lunch will not be provided this year. You must bring your own food. *****

Where: Arrowhead Provincial Park, Huntsville, Ontario

When: Sunday January 28, 2024

Registration:

- Register online at www.arrowheadnordic.ca
- ****NEW**** Register before **Sunday, January 21, 2024 11:59** for early bird prices.
- On-line registration closes at 9:00 am, **Thursday, January 25, 2024**.
- Bibs must be picked up by 9:30 am on race day.
- Cancellation due to snow/trail conditions will be decided by Friday, January 26.

Fees: (fees do not include Zone4 processing fees.)

Category	Early Bird Fee*	Standard Entry Fee*
17/30 km Race Adults 20+	\$42	\$47
*Adult Social - 4 km - 16 +	\$22	\$27
Special Olympic racers – all ages - 4km	\$22	\$27
Youth – U20 - in the 17/30 km race	\$22	\$27
*Kids' - 4 km – 15 & under	\$17	\$22
Para Nordic Sit Ski – all ages – 4 km	\$22	\$27
Para Nordic Standing – all ages – 4km	\$22	\$27

* Parents skiing with children need to register as adult social skiers if they wish to accompany them.

*NEW THIS YEAR:

Nordiq Canada (our governing body) has amended their insurance coverage. This is called a "Tier3 Licence". What this means is that our club must charge a \$3.00 fee to every race registrant (per race/per day). This is an insurance-related fee and applies to everyone whether you have a race licence or not. The fee covers Nordiq Canada's increased insurance costs (charged by their insurer) for nordic races.

All clubs in Canada are subject to this new fee. This charge will be added to your race fee.

Course Description: This is a classic race – skating is not allowed

- 4 km Race (approximately)- Short loop – Easy Difficulty Level – social skiers, kids, & Special Olympic racers
- 17 km Race - 1 loop - (approximate distance)- Medium Difficulty Level
- 30 km Race - 2 loops 17 km and 13 km (approximate distance)- Medium Difficulty Level
- Please refer to [the posted map \(https://bit.ly/3voFrG2\)](https://bit.ly/3voFrG2). The course is subject to change due to conditions.

Feed Stations: There will be 1 feed station on the 15 km loop and a Cookie station on the 5 km loop.

Prizes and Awards:

- Medals will be awarded to the top three finishers in each category. See full list of categories below.
- There will also be draw prizes.
- Awards will be held in or near the Visitor Center after most skiers have finished each race.

Race Day Details:

- **Bibs must be picked up before 9:30 AM**
- Mass starts begin at **10:30 AM** with waves going out at 3 minute intervals.
- You must notify a course official if you discontinue the race at any time.
- There is a \$50 charge for race bibs which are not returned and \$60 charge for unreturned timing chips.
- 30 km racers who have not completed their **first lap in 1.75 hours (1 hr, 43 minutes)** will be asked to discontinue the race.

Weather Considerations:

- The course is subject to change, without notice, due to weather and snow conditions.
- **In case of very cold weather**, start time may be delayed by up to 1 hour. Skiers will be given as much notice as possible. **Cancellation due to poor trail conditions or extreme cold weather** will be announced by Friday, January 26 (barring unpredicted weather changes.) Please check our website. There is no rain date. Refunds will be mailed out, less Zone4 fees and a \$5 administration fee.

Facilities

- Main parking lot is at [P1](#). Additional parking is located at P2 (Arrowhead Lake Parking Lot) and P4 (East River/Skating Parking). Please refrain from idling.
- Warm up area is in the Visitor Center
- Washrooms are located in the Visitor Center & port-a-potties will be in the Visitor Centre Parking Lot.
- Additional washrooms and showers are located by [Parking Lot 4 \(P4\)](#).
- Start and finish are in the stadium below the Visitor Centre
- **LUNCH is NOT included with your registration fee.** You must bring your own food.
- Bring a duffle bag or knapsack in which to store gear since indoor storage space is extremely limited. No tables may be reserved in the Visitor Centre. Please leave bags against the wall or in your car.

Waxing

- Arrowhead Provincial Park has a waxing room with 5 ventilated waxing stations.
- Clubs are welcome to set up their own waxing tent and waxing area. Power outlets are available on the outside of the Pavilion.

Please refer to the next two pages for Age Categories:

Age Categories by Race

Race	Age Categories	Age as of Dec 31, 2023	Year of birth (2023/24 Comp Year)	
4 km race	U6 girls	4-5	2018-2019	
	U8 girls	6-7	2016-2017	
	U10 girls	8-9	2014-2015	
	U12 girls	10-11	2012-2013	
	U14 girls	12-13	2010-2011	
	U16 girls	14-15	2008-2009	
	U6 boys	4-5	2018-2019	
	U8 boys	6-7	2016-2017	
	U10 boys	8-9	2014-2015	
	U12 boys	10-11	2012-2013	
	U14 boys	12-13	2010-2011	
	U16 boys	14-15	2008-2009	
		Social ski Women	16 and over	2007 and earlier
		Social Ski Men	16 and over	2007 and earlier
	Special Olympic women	Any age		
	Special Olympic Men	Any age		
17 km race	U14 girls	12-13	20010-2011	
	U16 girls	14-15	2008-2009	
	U18 girls	16-17	2006-2007	
	U20 women	18-19	2004-2005	
	U23 & Senior women	20-29	1994-2003	
	Women 30-39		1984-1993	
	Women 40-49		1974-1983	
	Women 50-59		1964-1973	
	Women 60-64		1959-1963	
	Women 65-69		1954-1958	
	Women 70-74		1949-1953	
	Women 75-79		1944-1948	
	Women 80+		1943 & earlier	
		U14 boys	12-13	2010-2011
		U16 boys	14-15	2008-2009
		U18 boys	16-17	2006-2007
		U20 men	18-19	2004-2005
		Senior men	20-29	1994-2003
		Men 30-39		1984-1993
		Men 40-49		1974-1983
		Men 50-59		1964-1973
		Men 60-64		1959-1963
		Men 65-69		1954-1958
		Men 70-74		1949-1953
		Men 75-79		1944-1948
	Men 80-84		1939-1943	
	Men 85+		1938 & earlier	

Race	Age Categories	Age as of Dec 31, 2022	Year of birth (2022/23 Comp Year)	
30 km race	U16 girls	14-15	2008-2009	
	U18 girls	16-17	2006-2007	
	U20 women	18-19	2004-2005	
	Senior women	20-30	1994-2003	
	Women 30-39		1984-1993	
	Women 40-49		1974-1983	
	Women 50-59		1964-1973	
	Women 60-64		1959-1963	
	Women 65-69		1954-1958	
	Women 70-74		1949-1953	
	Women 75-79		1944-1948	
	Women 80+		1943 & earlier	
	U14 boys	12-13	2010-2011	
	U16 boys	14-15	2008-2009	
	U18 boys	16-17	2006-2007	
	U20 men	18-19	2004-2005	
	Senior men	20-29	1994-2003	
	Men 30-39		1984-1993	
	Men 40-49		1974-1983	
	Men 50-59		1964-1973	
	Men 60-64		1959-1963	
	Men 65-69		1954-1958	
	Men 70-74		1949-1954	
	Men 75-79		1944-1948	
	Men 80-84		1939-1943	
	Men 85+		1938 & earlier	