



The Muskoka Loppet

a classic tradition

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!

- **Where:** Arrowhead Provincial Park, Huntsville, Ontario
- **When:** Sunday January 22, 2017
- **Registration:**
 - Register online at www.arrowheadnordic.ca – register online, by mail, or in person on race day.
 - Register before **Sunday, January 15, 2017, 11:59 pm** for early bird prices.
 - On-line registration closes at 11:59 pm, **Friday, January 20, 2017. New: Please note that you can NOT register on race day this year.** Everyone must register before Friday, Jan 20.
 - Bibs must be picked up by 9:30 am on race day.

Category	Early Entry Fee	Standard Entry Fee
15/30 km Race Adults	\$40	\$50
Arrowhead Nordic Ski Club Members	\$35	\$45
Adult Social (approx. 5 km)	\$20	\$25
Special Olympic racers	\$20	\$25
Youth 19 or under in the 15/30 km race	\$20	\$25
Kids' 5 km race	\$15	\$20

Parents skiing with children need to register.

- **SOD Paraffin Series**
 - Skiers competing for points in the SOD Paraffin Series must register in the following distances:
 - Atom, Pee Wee and Midget racers – 5 km race
 - Juvenile and Junior boys and girls – 15 km race
 - Junior and Senior men and women – 30 km race
 - Masters – 30 km race
 - Skiers not competing for points may register in whatever race length they wish.
- **Course Description: This is a classic race – skating is not allowed**
 - 5 km Race (approximately)- Short loop – Medium Difficulty – social skiers, kids, & Special Olympic racers
 - 15 km Race - 1 loop - Medium Level Difficulty
 - 30 km Race - 2 loops - Medium Level Difficulty
- **Feed Stations:** There will be 2 feed stations on the 15 km loop and a Cookie station on the 5 km loop.
- **Wax Restrictions:** This race is part of the SOD Paraffin Race Series. In order to increase accessibility of the sport, focus on athlete development, and reduce costs, no glide waxes with fluorocarbons are permitted. No Low-Fluoro wax, High-Fluoro wax, powders, hardeners, or gels are permitted. This restriction applies to all categories including Open and Masters. This restriction does not apply to grip waxes.
- **Prizes and Awards:**
 - Prizes will be awarded to the top three finishers in each category. See www.arrowheadnordic.ca for a full list of categories.
 - There will also be draw prizes!
 - Awards will start near the finish area after most skiers have finished each race.
- **Race Day Details:**
 - Allow 15 minutes to walk or take shuttle from the parking lots to the registration area.
 - **Bibs must be picked up before 9:30 AM**
 - Mass starts begin at **10:30 AM** with waves going out at 3 minute intervals.
 - The course is subject to change, without notice, due to weather and snow conditions.
 - Unheated privies are available near the race office, and heated flush toilets are available at the winter comfort station

near the skating trail. Bring a duffle bag or knapsack in which to store gear since indoor storage space is extremely limited.

- You must notify a course official if you discontinue the race at any time.
 - **LUNCH is included with your registration fee.**
 - 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 1.5 hours** will be asked to discontinue the race.
- **Weather Considerations:**
 - **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 20 (barring unpredicted weather changes.) Please check our website. There is no rain date. Refunds will be mailed out, less a \$5 administration fee.