

JOIN US IN ALBERTA'S SNOW BELT

40th ANNUAL LAKE LOUISE LOPPET



SUNDAY, MARCH 4, 2012

11:00 a.m. (Jackrabbits 11:05)

LAKE LOUISE, ALBERTA
Mass start on the Lake at the Chateau.

Early Bird Registration before Wednesday February 29
Registration & Bib pick-up at Race 9:00 - 10:15 a.m.

Entry Fee: \$35 Early bird, \$45 on Race Day
\$20 for Boys and Girls in 10 km race, \$25 Race Day
\$5 for Boys and Girls in 1 & 2 km races

*Challenge yourself in Western Canada's oldest
mass participation fun race, est. 1973*

Have Fun In A Traditional Loppet On Narrower More Intimate Ski Trails

The Lake Louise Loppet is organized by the



with the assistance of Lake Louise, Yoho & Kootenay
National Park and the Fairmont Chateau Lake Louise



Challenge yourself in a traditional loppet.

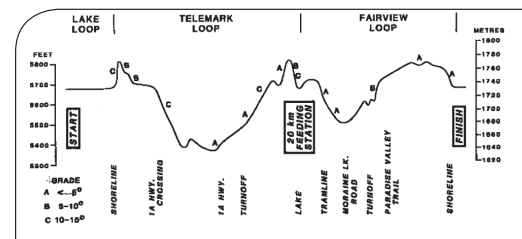
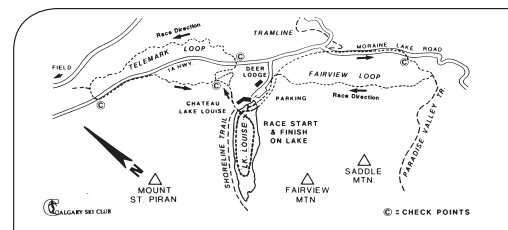
The Lake Louise Loppet starts and finishes on the lake in front of the Chateau. It is a very scenic course which varies between the flat surfaces of the lake and portions of two highways closed in winter and the narrower (2 - 3 metres) winding and undulating trails through the pine and spruce forests and open vistas.

It is a course which challenges the technical abilities of the serious racer and offers fun for the less serious with lots of twists and turns, long flat sections and hills, together with the variations between wide and narrow trails.

The 20 km loop includes a long technical descent and the corresponding steep climb.

This is a race where there is an advantage in knowing the course and snow conditions the day before the race. It is a race for the head, not the lungs.

*This will be a CLASSIC TECHNIQUE RACE
due to narrower more intimate traditional National Park Trails.*



Lake Elev. 1731 m	10km	20km
Ht. Diff.	125m	167m
Max Climb	30m	40m
Total Climb	200m	450m

FOR FURTHER INFORMATION, PLEASE CONTACT:

Alasdair Fergusson, Chief of Race, (403) 289-0386
Calgary Ski Club Office, (403) 282-4122

www.calgaryskiclub.org Email: loppet@calgaryskiclub.org

The Lake Louise Loppet is organized by the



The Lake Louise Loppet is a race in the Alberta Loppet Series sanctioned by
Cross Country Alberta of the Canadian Ski Association.

The Lake Louise Loppet is held with the approval of Lake Louise, Yoho & Kootenay
National Park and the assistance of the Fairmont Chateau Lake Louise.

REMEMBER WE ARE IN A NATIONAL PARK

Please help us to meet new National Park Special Event requirements

- * Banff National Park has established a new Special Event Application and Approval process, including public meetings and extensive documentation.
- * The Lake Louise Loppet is required to work towards Zero Waste by recycling or composting and minimizing plastic and other waste.
- * There is limited parking at the lake near the race start.
- * We are required to reduce parking congestion and to reserve space for the general public.
 - Please car-pool or van-pool if possible & park close together.
 - We are asking all clubs to use a charter bus or van for their club members and families.
- * You require a valid National Park Pass on your vehicle or risk receiving a ticket.
- * We are also required to demonstrate and deliver specific heritage educational opportunities such as a history of XC skiing at Lake Louise.
- * We have been asked to encourage the use of environmentally friendly ski waxes and waxing techniques.
- * Banff National Park has requested that we incorporate the following message in all our publicity about the importance of the site of the Lake Louise Loppet as a protected area and part of a UNESCO World Heritage Site:

**Banff National Park is the heart of the
Canadian Rocky Mountains World Heritage Site.**

A global treasure of natural beauty, wilderness and diversity of life.

**It is a place to experience the awe-inspiring forces
that have shaped mountain landscapes and wildlife over
unimaginable time.**

It is a space to give thanks for nature's bounty of small wonders too.

It is also a base for personal exploration and discovery.

Enjoy. Connect. Respect

- * We respect the character of the National Park by using traditional narrow XC ski trails that twist & turn and have varied hills.
- * We will encourage the expansion of the wooden ski and historic costume event at the loppet at the request of the National Parks to celebrate the heritage of skiing at Lake Louise.

HISTORY OF THE LAKE LOUISE LOPPET

- * The Lake Louise Loppet is the oldest organized citizens' XC ski race in Western Canada.
- * It was started in 1973 by the Alpine Club of Canada to exploit the good snow at Lake Louise
- * The Loppet was taken over by the Calgary Ski Club in 1979 to publicize the club and its growing XC ski program.
- * The name was changed in 1986 from "The Telemark" to avoid confusion with telemark style of skiing and to develop a more prominent connection with Lake Louise.
- * The growth of XC skiing at Lake Louise is greatly due to the popularity generated by the event.

LEGACY & COMMUNITY BENEFIT FROM THE LOPPET

- * We have created a major legacy over the past 30 years by cutting and developing the XC ski trails in Alberta's snowbelt.
 - Calgary Ski Club volunteers were responsible for getting the Telemark Trail cut in 1979 and the Fairview Trail in 1982.
 - Since 1989, major trail improvements have been made by club volunteers at no cost to the National Parks for the enjoyment of all skiers all season long.
 - We estimate the value of this benefit to the Lake Louise Community and National Parks as approx. \$185,000, which includes mileage costs from Calgary, education of volunteers, donated volunteer hours and purchase of tools & equipment.
- * We have promoted the history of skiing in the National Park by raising \$25,000 to document and publish a history of skiing in the Calgary-Banff-Lake Louise areas coupled with a history of the Calgary Ski Club.
- * Using the professional scientific skills of our volunteers we have advanced scientific research by
 - Conducting two pioneering ground penetrating radar surveys across the frozen lake.
 - Collecting grey ash, found while working on the trails, and sending it for radiocarbon age dating.
- * We are working with Lake Louise businesses and Banff-Lake Louise Tourism to identify business opportunities arising from improved XC skiing facilities, and better marketing, as learned from other XC ski centres in western Canada & USA.
- * This continues the historic role of the Calgary Ski Club in helping develop the Sunshine, Norquay and Lake Louise downhill ski areas in the 1930's and 1940's.

RACE DETAILS:

- * Mass start at 11 am and finish on the Lake in front of the Chateau.
- * Race Course may be changed or Race cancelled due to weather or snow conditions at the discretion of the Race Jury.
- * Four Classic Technique races will be run:
 - 10 km racers ski Lake and Fairview loops.
 - 20 km racers ski Lake, Telemark and Fairview loops.
 - Jackrabbits ski 2 km Lake loop.
 - Pre-Jackrabbits ski 1 km Lake loop.
- * Racers not passing 11 km mid-point feeding station on the lake by 12:30 pm will be asked to withdraw from the 20 km race.

REGISTRATION and CANCELLATION POLICY:

- * Early Bird registration forms and payment MUST be received by Wednesday February 29.
- * Registration on Race Day and Bib Pick-up from 9:00 - 10:15 am at Parking Lot.
- * In the event of cancellation prior to race day, all pre-registrants will be advised by telephone where possible.
- * In the event of cancellation, 75% of the race fee will be refunded within 30 days.

SKIER ETIQUETTE:

- * Skiers must agree to abide by all loppet rules and regulations.
- * This is a CLASSIC TECHNIQUE race. Free Technique skiers will be disqualified.
- * Sportsmanship is held in the highest regard for the Lake Louise Loppet. Competitors who exhibit unsporting conduct will be reviewed by the Race Jury and may be disqualified.
- * Skiers who fail to give way to an overtaking competitor or who obstruct another competitor will be reviewed by the Race Jury and may be disqualified.
- * ALL SKI TRAILS ARE OPEN TO THE PUBLIC WHILE THE RACE IS GOING ON. PLEASE BE COURTEOUS — WE ARE ALL SKIING FOR FUN!

AWARDS:

- * Gold, Silver or Bronze Loppet medals to first three finishers in each class.
- * Participation Ribbons to all finishers at Finish Line.
- * Awards ceremony following race to be held in the Chateau Lake Louise.
- * Valuable prize draws totalling over \$1000 for all finishers.

REFRESHMENTS:

- * Will be provided at mid-point feeding station for 20 km race and at Race Finish.

AFTER RACE:

- * Please return bib at Finish Line.
- * Please check your time on Unofficial Results Board at the Finish Line and advise Chief of Timekeeping if shown in wrong class.

DID NOT FINISH:

- * IF YOU WITHDRAW FROM THE RACE, PLEASE REPORT TO FINISH LINE SO THAT SKI PATROL DOES NOT GO LOOKING FOR YOU.

THE HISTORY OF THE CALGARY SKI CLUB

- * We are a volunteer-run, non-profit ski club with a proud history in the pioneering & development of skiing in Alberta.
- * Founded originally in 1920 by a handful of enthusiastic skiers, the club organized a ski jumping contest in Elbow park as one of the first events.
- * The club was incorporated in 1935 and immediately started hosting various downhill ski competitions.
- * The Dominion Ski Championships were hosted at Mt. Norquay in 1937 & 1940.
- * The development of skiing at Mt. Norquay, at Temple Lodge, Lake Louise, and at Sunshine owes a lot to the trips and later ski trains organized by the club in the 1930's & 1940's.
- * Since 1979 we have worked to build and improve XC ski trails at Lake Louise.
- * Since 1993 we have worked to develop XC skiing at the City-centre Shaganappi Golf Course in Calgary, culminating in plans for a pilot project for snow-making, lighting and the use of the golf course clubhouse in winter for skiing.
- * After the war, the local Ski Patrol was started while ski lessons were started for school children and adults.
- * By the 1960's the club had a major alpine racing program.
- * The club played a major role in the unsuccessful Winter Olympic bids prior to 1970.
- * Snow mountaineering was introduced and courses taught by the club in the 1950's.
- * In the 1960's assistance was given to the Alpine Club to construct some of its backcountry huts.
- * The original New & Used Ski Sale in Canada was started in 1963 and with the cooperation of local ski shops it became the model for similar swaps in Vancouver, Toronto and elsewhere. Today this October tradition is still the largest all-volunteer swap in Canada.
- * Corporate Social Responsibility and Community Benefit by promoting & developing skiing in all its variety continues in the club to the present day.
- * Active lobbying National Parks and K-Country to obtain better trails, facilities & services for DH skiers, XC skiers & hikers.
- * Fundraising from grants and casinos to pay for community benefit and member skill development programs.
- * The club is an active member of Cross Country Alberta, Cross Country Ski Areas Assoc. and Calgary Area Outdoor Council.
- * Many club members were volunteers and staff in the 1988 Calgary Winter Olympics.

LAKE LOUISE LOPPET RACE REGISTRATION March 4, 2012 BIBNO. _____

NAME (print) _____
(first) (last)

MAILING ADDRESS _____
(for sending results)

CITY _____ POSTAL CODE _____

PHONE _____ SKI CLUB _____

Results will be posted on website: www.calgaryskiclub.org. Tick box to be mailed hard copy

CLASSIC TECHNIQUE ONLY

Age you will reach in this year 2012 or year of birth (JR)

MEN

WOMEN

- | | | | |
|-----------------------|------------|-------------------------|------------|
| 1. Men (Age 20-29) | 20km _____ | 2. Women (Age 20-29) | 20km _____ |
| 3. Men (Age 30-39) | 20km _____ | 4. Women (Age 30-39) | 20km _____ |
| 5. Men (Age 40-49) | 20km _____ | 6. Women (Age 40-49) | 20km _____ |
| 7. Men (Age 50-59) | 20km _____ | 8. Women (Age 50-59) | 20km _____ |
| 9. Men (Age 60-69) | 20km _____ | 10. Women (Age 60-69) | 20km _____ |
| 11. Men (Age 70-79) | 20km _____ | 12. Women (Age 70-79) | 20km _____ |
| 13. Men (Age 80 +) | 20km _____ | 14. Women (Age 80 +) | 20km _____ |
| 15. Men (Age 15-19) | 20km _____ | 16. Women (Age 15-19) | 20km _____ |
| 19. Men (Age 20-29) | 10km _____ | 20. Women (Age 20-29) | 10km _____ |
| 21. Men (Age 30-39) | 10km _____ | 22. Women (Age 30-39) | 10km _____ |
| 23. Men (Age 40-49) | 10km _____ | 24. Women (Age 40-49) | 10km _____ |
| 25. Men (Age 50-59) | 10km _____ | 26. Women (Age 50-59) | 10km _____ |
| 27. Men (Age 60-69) | 10km _____ | 28. Women (Age 60-69) | 10km _____ |
| 29. Men (Age 70-79) | 10km _____ | 30. Women (Age 70-79) | 10km _____ |
| 31. Men (Age 80 +) | 10km _____ | 32. Women (Age 80 +) | 10km _____ |
| 33. Men (Age 15-19) | 10km _____ | 34. Women (Age 15-19) | 10km _____ |
| 35. Boys (Age 11-14) | 10km _____ | 36. Girls (Age 11-14) | 10km _____ |
| 39. Boys (2002-2005) | 2km _____ | 40. Girls (2002-2005) | 2km _____ |
| 41. Boys (2006-2009) | 1km _____ | 42. Girls (2006-2009) | 1km _____ |
| 17. Wooden Men (Open) | 20km _____ | 18. Wooden Women (Open) | 20km _____ |
| 37. Wooden Men (Open) | 10km _____ | 38. Wooden Women (Open) | 10km _____ |

YOU MUST SKI THE RACE FOR WHICH YOU REGISTER, OR RISK DISQUALIFICATION.

Please read and complete the release and waiver on the reverse of this Registration Form.

Race Entry Fee attached: Early Bird (By Wed. Feb. 29) \$35 _____
(G.S.T. included) Late & Race Day Registration \$45 _____
Boys & Girls (11-14) in 10 km race (early) \$20 _____
Boys & Girls (11-14) 10 km (Race Day) \$25 _____
Boys & Girls (4-10) in 1 & 2 km races \$5 _____
TOTAL FEE REMITTED: _____

Please make cheques payable to the Calgary Ski Club.

Please mail for delivery to Lake Louise Loppet, 37 Carmangay Crescent N.W., Calgary, T2L 0S8 prior to Wednesday February 29, or bring to Race Registration at Lake Louise, 9:00 am Sunday March 4.

FOR OFFICE USE ONLY:

Money
Received

Control Sheet
Data Entered

Racetec
Data Entered

Mail List
Data Entered

WAIVER:

In consideration of Cross Country Canada, Cross Country Alberta and the Calgary Ski Club accepting my entry to THE LAKE LOUISE LOPPET, I waive any and all claims against the organizers and sponsors of this activity, together with their agents, servants or employees, for any loss, injury or damage resulting from my participation in it.

I am aware that I will be exposed to natural and man-made hazards and that skiing by its nature does involve potential danger and I am voluntarily assuming the risk for myself of my participation.

I declare that my physical condition, to the best of my knowledge, is adequate to compete safely in a distance race and that no physician or other qualified individual has advised me against skiing in such an event.

I sign for myself, my heirs, personal representatives and assigns.

READ THIS, IT AFFECTS YOUR RIGHTS.

RELEASE AND WAIVER:RELEASE AND INDEMNIFICATION:

As a participant of the Lake Louise Loppet, I have read and understand the above:

As a parent or legal guardian of an entrant under the legal age of 18, I have read and understand the above and accept its terms and conditions on the entrant's behalf:

SIGNED at City of _____ Province of _____ DATE _____ Day of _____, 2012

SIGNATURE _____ NAME _____

SIGNATURE OF PARENT
OR GUARDIAN IF ENTRANT IS
UNDER 18 YEARS _____ NAME _____

ACCOMMODATION IN THE LAKE LOUISE AREA:

* Racers are responsible for their own accommodation arrangements.
This list is provided for your convenience.
Please Check with: www.calgaryskiclub.org for Hotel discounts.

Fairmont Chateau Lake Louise (403) 522-3511 or
1-800-268-9411

Deer Lodge (403) 522-3991 or
1-800-661-1595

Lake Louise Inn (403) 522-3791
Post Hotel (403) 522-3989

The Canadian Alpine Centre/
International Hostel (403) 522-2200

Baker Creek Chalets (12 km E on Hwy. 1A) (403) 522-3761
Castle Mountain Village (28 km E on Hwy. 1A) (403) 762-3868

Emerald Lake Lodge, B.C. (32 km W on T.C.H.) 1-800-663-6336
Kicking Horse Lodge, B.C. (20 km W on T.C.H.) 1-800-659-4944