

Lake Louise Loppet Volunteers

Volunteers are needed for the Lake Louise Loppet, the oldest organised mass participation cross-country ski race in Western Canada, always held on the first Sunday in March. We really appreciate your commitment to the Calgary Ski Club and your contribution to the success of our race.

Accommodation and payment.

Accommodation at Deer Lodge has been arranged for volunteers (shared; includes breakfast, tips and all taxes) and must be booked through Helen.

Orientation night (TBA).

At this meeting you will learn how to do your job and get answers to your questions. It is very useful for first-timers.

Lake packing.

Sunday before the race. Bring snowshoes or skis and help us pack the start and finish areas and the 1 km and 2 km loops. Contact us for more details.

Social events.

The volunteers' barbecue and prize draw will be held chez Alasdair and Helen sometime in May.

General info.

The Loppet was started in 1973 by the Alpine Club and taken over by the CSC in 1979. The event is organised to generate publicity for the Calgary Ski Club and its Nordic programme, to generate goodwill towards the club and as a fund-raiser.

The event is sanctioned by Cross Country Alberta, the sport's governing body for Alberta, and they send a representative (the Technical Delegate) to oversee the event from an organisational and safety perspective. The T.D. is very experienced and will offer good guidance as required.

We operate with the approval of Banff National Park and have had to create and file with them an extensive Event Operations Plan, which includes our handling of such things as garbage disposal, washrooms, traffic control, visitor safety, first aid, signage and, event rules.

Please remember and respect our sensitive surroundings.

We have been upgrading the trails over the years by moving logs and boulders, removing low overhanging branches and cutting back the willows. In the last few autumns, work parties of CSC and friends have moved logs and removed stumps and boulders on the Fairview and Lower Telemark trails. You should see the difference this has made to the skiing!!!

Most of all, let's have fun!

For more info. call Alasdair or Helen at 289-0386 or e-mail helen.isaac@ucalgary.ca.

Lake Louise Loppet Volunteers' Duties

Saturday: 10.30-17.00 hrs

On arrival, go to the lake and look for people shovelling snow.

Empty Ski Club trailer. Transport equipment on sleds to Boathouse. Shovel snow to build ramps off lake and race course at Prince Philip's Rock, bank corners and shovel elsewhere as needed, set up Stadium, set up Race office, distribute signs and flagging, fetch wood flooring, set up feeding station and finish line wood boards, tables and chairs. Sort pre-registered bibs*, make name badges.

Most people will be expected to shovel or pack snow. Please bring a shovel if you have one and identify it with your name. It is very dehydrating – bring lots of water. Those not wishing to shovel can sort the bibs.

Sunday: 08.00-16.00 hrs

Please park at Deer Lodge (we have their permission)

08.15. Registration people meet at registration desks in the public carpark.

09.00 Registration opens. 1015 Registration closes. 1100 Adult racers start, 1105 Jackrabbits start, 1135 First 10 km racer finishes, 1210 First 20 km racer finishes, 1230 Last 20 km racers past mid-point feeding, 1330 Last racer finishes, 1400 Prize draw for racers and awards ceremony starts, 1630 Everything cleared up and trailers loaded. We all collapse.

Stadium: 08.00-16.00. Set-up remaining flagging, signs and boards. After race, take down everything. Move equipment from race office and stadium. Load vehicles, return wood. Load grooming equipment onto trailers in parking lot.

Registration: 08.15-10.15. Set up tables in parking lot, organise registration forms, bibs, cash. Hand out forms to racers, collect forms, collect money, distribute bibs, distribute pre-assigned bibs to pre-registered racers. Take temperature readings, run registration forms to boathouse.

Course controllers: Meet outside Boathouse at 9.30, work until approx. 1.30. Ski or walk to position on course.

Controllers record bib number of every skier going past location.

Marshals watch for skating infractions, act as radio message transmitters, watch for accidents.

Course sweep follows final racer and frees controllers and marshals to return to Boathouse.

Timing crews: 10.45-13.30. Organise timing sheets, set stopwatches, two timing crews record finishing time of racers.

Finishing line: 10.45-13.30. Finish line referee records order of finish. Runners take timing and order of finish sheets to Unofficial Results Board, then to the Race Office. Collect & sort bibs, distribute ribbons, marshal racers away from finishing line to refreshments.

Unofficial Results Board: Set up plywood boards on skating rink and staple on results sheets. Tabulate results from finishing line and send runner with results to calculations in the race office.

Calculations: 09.00-14.00. Check racer data on registration sheets and input to computer. Correlate finishing times from both timing sheets and order of finish, input finishing times, produce unofficial Race Results for posting, final results for medal awards. Make lists of skiers for unofficial result board and prize draw.

Feeding Stations: 09.00-14.00. Pick up cookies from Laggans. Cut up oranges. Obtain hot and luke-warm water from Chateau, make Gatorade and hot chocolate. Set up and operate mid-point feeding station 11.15-12.45. Set up and operate Finish Line feeding station from 11.15-14.00. Clear up afterwards.

The Nordic Stop is our Race Office and is not a communal gathering place. Please remember that people are working on the computer in there and loud chatter is not appreciated. Helen can get crabby. Please stay outside.

LAKE LOUISE LOPPET VOLUNTEERS - WHAT TO WEAR & BRING

1. XC ski gear
Warm, windproof clothes (can get windy on lake)
Ski wax and universal klister (most important for warm weather snow)
Large pack (preferably frameless)
Snow shoes (for Saturday packing)
2. Swiss army knife, watch
Water bottle (essential for Saturday workers)
Lunch/granola bars/fluid (you may not get a lunch break on Saturday and will definitely not on Sunday)
First-aid kit
Space blanket
Camera/film
Binoculars
3. Sunglasses or safety glasses.
Sunscreen, lip balm, sunhat or visor.
Warm, waterproof boots (Sorels are best), gloves, mitts, hat, gaiters.
Appropriate clothing for standing around in cold weather, windbreakers, overpants.
Foam pad to stand/sit on.
Toe and hand warmers - they work well and are welcome on a cold day.
No jeans - they are horrid when wet and cold.
4. Pencils (pens freeze in the cold, pencils don't and can be sharpened with your penknife).
Notebook and clipboard (if you have one).
Shovel for digging snow on ski trails on Saturday (if you have one). Please identify with your name.

REMEMBER:

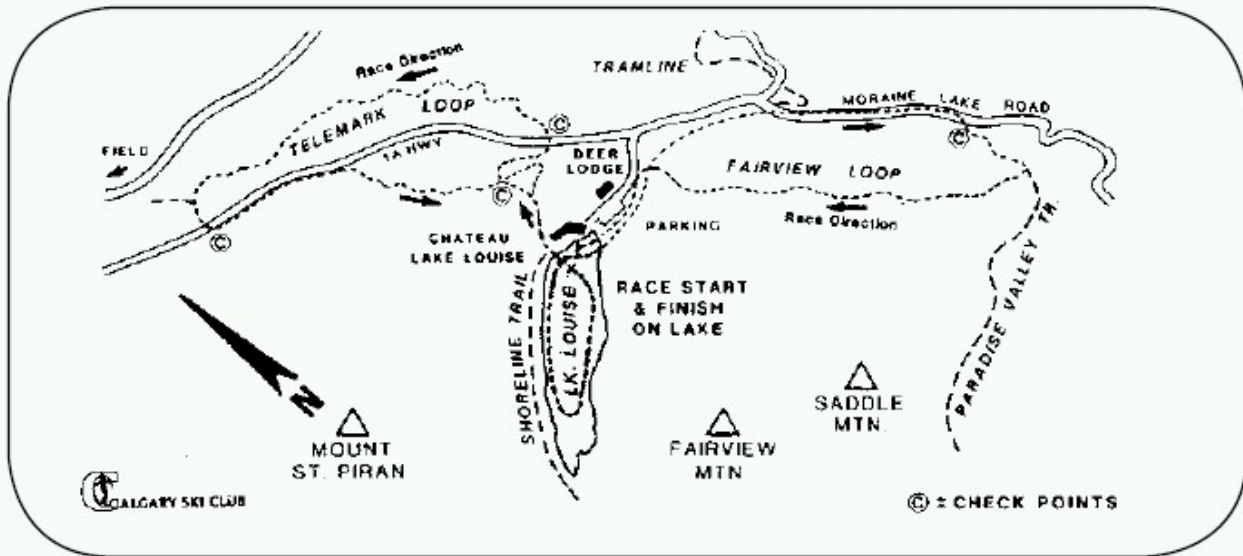
All vehicles must have a valid National Park permit or risk being ticketed. Please allow time to buy your pass if you don't have one. Please park at Deer Lodge. If very cold weather is forecast, you are advised to add gas line anti-freeze to your gas tank as there is frequently lots of condensation from an adjacent stream.

Please allow time to check out of the hotel on Sunday morning before meeting at 8:15 am.

We are ambassadors for the Calgary Ski Club, so please treat the public and participants with respect.

RACE OFFICE Chateau Boathouse/Nordic Stop 1-403-522-3511

*Thank you for volunteering to help the CSC and the sport of skiing!
We are depending on you!*



LAKE LOOP

TELEMARK LOOP

FAIRVIEW LOOP

METRES

