



2018 - 24 Hours of Lappe  
Saturday, March 24 – 11 am  
to Sunday, March 25 – 11 am



## GENERAL INFORMATION

The 24 Hours of Lappe is a fundraiser for the Lappe Nordic Ski Club and NTDC Thunder Bay. Funds raised help both organizations in their efforts to support fantastic ski programs from the Jackrabbit Program through to elite level ski racing.

This annual tradition was initiated at Lappe in 1997, by National Development Center coach Pekka Kemppe. It is a chance to get a lot of last-minute kilometers on the kilometer board, as well as an opportunity to challenge yourself and have fun with friends!

The Relay takes place at the Lappe Nordic Ski Centre, near Thunder Bay, Ontario.

### NEW - CASH PRIZES FOR NEW RECORDS

\$1,000 - 4 person team

\$500 - solo women's

\$500 - 2 person mixed-team

\$500 - solo men's

Can you and your team set a new record?

#### Current Records:

**4 Person Team – 2009: 556.4 km**

**2 Person Mixed-Team – 2014: 455.0 km**

Michael Somppi

Jenn Jackson and Andy Shields

Luke Viljakainen

**Solo Men – 2009: 407.8 km**

Harry Seaton

Werner Schwar

Jesse Winter

**Solo Women – 2009: 284.8 km**

**All prizes in CDN\$**

Kelly Henry

### FUNDS RAISED AWARDS

**This event is a Fundraiser!**

A grand prize will be awarded to the individual who raises the most pledges, subject to a minimum of \$750. The funds raised record is \$1,200, set by Stephanie Marler in 2014.

Each team that raises more than \$1,000, and each individual who raises more than \$500 will have their name in a draw for a prize.

Pledges raised are in addition to the registration fee for entry into the draw. Pledges can be remitted on-line during registration, and/or in the locked box at Lappe, in envelopes provided, located at the Event Secretary's table, upstairs in the chalet.

Cheques should be made payable to **Lappe Nordic Ski Club**. In order to qualify for these awards funds must be given to the Event Secretary prior to the awards ceremony.



2018 - 24 Hours of Lappe  
Saturday, March 24 – 11 am  
to Sunday, March 25 – 11 am



### DISTANCE AWARDS

**This event is a Distance Challenge!**

Awards, by category, for all three relays (24-hour, 12-hour and 6-hour) will be presented shortly after the finish of the 24-hour relay and once all of the results have been tabulated.

There is also a prize for the fastest lap of the day.

### DATES AND TIMES

The event will begin at 11:00 am on Saturday, March 24, 2018 and will finish at 11:00 am on Sunday, March 25, 2016. The course has rolling hills, and is approximately 5.29 km long. After dark, the entire loop is lit. If conditions become very icy, the course may be modified to exclude the one kilometre loop called "Kirsti's K".

### CATEGORIES

#### 24 Hour Relay:

Solo Male

Solo Female

2 Person Mixed-Team

Four-person Team

Open Team - up to 10 skiers (no age restrictions)

#### 12 Hour Relay:

Solo Male

Solo Female

Open Team – up to 6 skiers (Under 15 teams may have up to 10 skiers, majority must be under 15)

#### 6 Hour Relay:

Solo Male

Solo Female

Open Team – up to 3 skiers (Under 15 teams may have up to 6 skiers, majority must be under 15)

### REGISTRATION

Registration is on-line at [www.zone4.ca](http://www.zone4.ca) and closes on Thursday, March 22 at MIDNIGHT. Registration fees are \$55 per person or \$20 for participants under 15 years of age. You must enter a team name at the time of registration.

Late registrations will be accepted at the Lappe Nordic Ski Centre in person between 8:30 am and 9:30 am on Saturday, March 24; however late registrations are subject to a \$10 penalty per person.



2018 - 24 Hours of Lappe  
Saturday, March 24 – 11 am  
to Sunday, March 25 – 11 am



Included in your \$55 registration fee:

Lappe Ski Centre Trail Passes (2 days)

Saturday's Pot-luck dinner

Sunday morning's Breakfast of Champions

Juice and snacks

Access to waxing facilities, showers, saunas and on-site sleeping areas

## CAPTAINS' MEETING

There will be a pre-event meeting in the Lappe ski chalet at 10:00 am on March 24, 2018.

**This meeting must be attended by at least one representative from each team.**

All the bibs for each team will be handed out at this time.

## BIB AND CHIP DEPOSIT - \$100 per team

A lost bib and or chip costs volunteers time, and costs the Lappe Nordic Ski Club and NTDC Thunder Bay money. **As a result we will collect a \$100 bib/chip deposit from each team**, payable by the Team Captain, by cash or cheque, prior to collecting bibs for the team on Saturday morning. The deposit will be returned once all of the team's bibs/chips have been returned.

In the event of a lost chip or bib, the team will be charged \$80, or \$40, respectively.

## PLEDGE FORMS

Please submit pledge forms at the pre-event meeting.

During the event, additional pledge sheets and payments should be deposited into the marked box located outside of the timing room. Cheques should be made payable to **Lappe Nordic Ski Club**. Post event cheques can be mailed to **Stephanie Marler, 1866 Oliver Road, Thunder Bay ON P7G1P1**.

## RELAY RULES

**24-Hour Relay teams** may consist of up to 10 skiers

**12-Hour Relay teams** may consist of up to 6 skiers. (Under 15 teams may have up to 10 skiers, majority must be under 15).

**6-Hour Relay teams** may consist of up to 3 skiers. (U15 teams may have up to 6 skiers, majority must be under 15).

Participants may use either classic or skating technique.



2018 - 24 Hours of Lappe  
Saturday, March 24 – 11 am  
to Sunday, March 25 – 11 am



At a minimum, we ask that each team member ski two or more laps (with the exception of children in the under 15 categories).

Only one skier for each team will be skiing qualifying kilometers at any time. To keep recording of distance as simple as possible, we will have one well-marked 5.29 km loop to be skied day and night. There will be a 20 or 30 meter long tag zone and teams are required to make exchanges in this area only. You must have hand-to-hand or hand-to-body contact.

All who are skiing must wear their bibs and every time they ski past the timing area they must ensure that they turn towards the bib recorders (who are located on the second floor of the chalet behind the big window) so that their bib number can be clearly seen and recorded. Skiing on course is allowed while not on a team leg; however individuals doing so must ensure that their bibs are covered and they must not ski through the finish lane/exchange zone.

The clock for the 6-hour relay stops at 5 pm Saturday. The clock for the 12-hour relay stops at 11 pm. The clock for the 24-hour relay stops at 11 am on Sunday, March 25.

A gunshot blast or bear banger signals the end of the 6 hour and 24 hour events. Skiers stop where they are on the course and wait for a course controller to mark their location so that we can determine the exact number of kilometers skied by each team. Participants skiing the 12 hour event are expected to stop skiing at 11 pm and tell the timers (upstairs in chalet) where on the course they were at the end of the 12 hours.

## ON-SITE FOOD SERVICES

The Lappe Ski Centre Kitchen will be open for food purchase from 10 am to 3 pm on Saturday. The menu includes Finnish pancakes, soup, rice pudding, drinks (juice, coffee, tea, hot chocolate, apple cider).

There will be a **POTLUCK** upstairs in the ski centre for all participants at 6 pm on Saturday. *If you are able to do so, please bring a dish to share!* The kitchen will be open for re-heating of dishes. Cutlery and dishes will be provided. Leftovers will remain out for skiers & volunteers to munch on during the night shift.

The **“Breakfast of Champions”** begins at 7 am Sunday and is open to all skiers and volunteers. The menu will include Finnish pancakes with strawberry sauce, yoghurt, sausages, eggs, fruit and drinks. You can pick up your ticket from the Event Secretary starting at 7:00 am on Sunday morning.

There will be free Gatorade or juice and fruit in the chalet (downstairs counter) for all participants throughout the relay. Some Gatorade and water will be available outside in the stadium area (although it may be subject to freezing).



2018 - 24 Hours of Lappe  
Saturday, March 24 – 11 am  
to Sunday, March 25 – 11 am



## WAXING

Skiers are welcome to use the wax benches available at the ski centre to wax their own skis. A white board inside the chalet wax room will keep skiers updated with the weather conditions and recommended waxes throughout the event.

## FACILITIES

The Lappe Ski Centre has male and female change rooms with showers and electric saunas. The ski centre has a waxing room as well as three waxing trailers, two of which may be used as a sleeping area during the night. There is a large parking area as well.

Skiers are invited to camp out at the ski centre for the duration of the relay. They should bring their own bedding and mattresses and may camp out in the chalet, in the outside trailers (which will be heated) designated for sleeping, or they may choose to pitch a tent or bring a recreational vehicle (there are no hook ups). Quiet (and lights out) time upstairs in the chalet will be from 10 pm until 6 am.

## FIRST AID AND SAFETY

The race office will be working with the Lappe Fire Department to provide first aid assistance. Safety concerns should be brought to the attention of the volunteers in the race office.

### NO SNOW CANCELLATION PLAN

In the event that the Lappe Nordic Ski Centre does not have enough snow to safely host the relay, the event will be cancelled.

Notice of cancellation will be by email to registered participants no later than Wednesday, March 21 at noon. Full refunds, less a \$5 administrative fee, will be available.

Notice of cancellation will also be posted on the website.

*Thank you to all of our Sponsors, Volunteers and Participants!*