



**2019 – 24hr SkiLAY**  
Saturday, March 30 – 11 am  
to Sunday, March 31 – 11 am



## GENERAL INFORMATION

The 24 hour SkiLAY 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 SkiLAY takes place at the Lappe Nordic Centre, near Thunder Bay, Ontario.

### DISTANCE AWARDS CASH PRIZES FOR NEW RECORDS

Can you and your team set a new record?

\$1,000 - 4 person team

\$500 - 2 person mixed-team

\$500 - solo women's

\$500 - solo men's

#### Current Records:

**284.8 km Solo Women – 2009:** Kelly Henry

**407.8 km Solo Men – 2009:** Werner Schwar

**455.0 km 2 Person Mixed-Team – 2014:** Jenn Jackson and Andy Shields

**556.4 km 4 Person Team – 2009:** M. Somppi, L. Viljakainen, H. Seaton, J. Winters

### DISTANCE PRIZES

**This event is a Distance Challenge!**

Recognition by category

+

6 Distance Draw Prizes\*

Individuals will receive 1 ticket per entry + 1 ticket per lap

\*3 prizes each: 24 hour SkiLAY and 8 hour SkiLAY

### FUNDS RAISED AWARDS

**This event is a Fundraiser!**

Recognition for top individual fundraiser

+

Grand Prize Fundraising Draw

Individuals will receive 1 ticket per \$25 of pledges

(pledges must be submitted by 11:00 am on Sunday, March 31)



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Pledges can be remitted to the Event Secretary, 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 by 11:00 am on Sunday.

## DATES AND TIMES

The event will begin at 11:00 am on Saturday, March 30, 2019 and will finish at 11:00 am on Sunday, March 31, 2019. 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".

The 8 hour SkiLAY will end at 7:00 pm on Saturday, March 30. Awards and distance draws will be held during the potluck dinner thereafter.

## CATEGORIES

### 24 Hour SkiLAY:

Solo Male	Four-person Team
Solo Female	Open Team - up to 10 skiers
2 Person Mixed-Team	

### 8 Hour SkiLAY:

Solo Male	Open Team – up to 8 skiers
Solo Female	13 and under – up to 8 skiers

## REGISTRATION

Registration is on-line at [www.zone4.ca](http://www.zone4.ca) and closes on Thursday, March 28 at MIDNIGHT.

- **Early bird pricing** is in effect until Thursday, March 14 at MIDNIGHT - \$55 per person or \$20 for participants under 15 years of age at December 31, 2018
- **Regular registration** closes Thursday, March 28 at MIDNIGHT - \$65 per person or \$30 for participants under 15 years of age, at December 31, 2018
- Late registration is available at Lappe between 8:30 and 9:30 am Saturday, March 30, subject to a \$10 penalty per person.

Absolutely no registrations will be accepted after 9:30 am on Saturday, March 30.

You must enter a team name at the time of registration. **Ensure that all members of your team enter the same team name during registration.**



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Included in your registration fee are:

- Lappe Ski Centre Trail Passes (2 days)
- Saturday's Pot-luck dinner – **Please bring a contribution**
- Sunday morning's Breakfast of Champions
- Juice and snacks
- Access to waxing facilities, showers, saunas and on-site sleeping areas
- Great prizes and awards!

## CAPTAINS' MEETING

There will be a pre-event meeting in the Lappe ski chalet at 10:00 am on Saturday, March 30, 2019. **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 \$100, or \$60, 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**.

## SkiLAY RULES

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

**8-Hour SkiLAY teams** may consist of up to 8 skiers. (All skiers must be under 13 in the 13 and under category)

Participants may use either classic or skating technique.



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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 8-hour relay stops at 7 pm Saturday, March 30. The clock for the 24-hour relay stops at 11 am on Sunday, March 31.

A gunshot blast or bear banger signals the end of the 8 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.

## 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).



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## WAXING

Skiers are welcome to use the wax benches available at the ski centre to wax their 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 Ski Patrol 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 27 at noon. Full refunds, less a \$5 administrative fee, will be available. During registration there will be an option to donate registration fees to the event in the event of cancellation.

Notice of cancellation will also be posted on the website.

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

# 2019 - SkiLAY Pledge Form

11 am Saturday, March 30 to 11 am Sunday, March 31

In support of NTDC Thunder Bay and the Lappe Nordic Ski Club.



This event is both a fundraiser and a distance challenge. Teams will be raising funds to support cross-country skiing programs from Jack Rabbit aged children to recreational skiers to elite athletes. Our team \_\_\_\_\_ is raising money for the Thunder Bay National Team Development Centre and for the Lappe Nordic Ski Club. You can support us by pledging a set amount or an amount per kilometer we ski. (We expect to ski between \_\_\_\_ and \_\_\_\_ Kilometers).

My team's fundraising goal is:  \$500  \$750  \$1,000  \$1,500  \$2,000  Other amount specify: \_\_\_\_\_

***Thank you for your support and please come out anytime during the event to watch us ski!***

Sponsor's Name	Email Address	Telephone Number	Pledge Amount *	Collected (Y/N)	Support if no snow (Y/N) **

This sponsor sheet was circulated by \_\_\_\_\_ For team: \_\_\_\_\_

\* We cannot issue tax receipts. Both NTDC and Lappe are not-for-profit sports organizations without the ability to obtain charitable status.  
\*\* This event is snow dependent. Please confirm with your sponsors that they are willing to support fundraising efforts even if the event is cancelled due to lack of snow.