



NAKKERTOK NORDIC

COOKIE RACE

February 22, 2020

RACE NOTICE



Dear Skiers and Coaches,

Nakkertok Nordic extends a warm invitation to come and participate in the 2020 Cookie Race.

The event will take place on February 22, 2020 at the Nakkertok South Nordic Centre, in Gatineau, Québec.

The National Capital Region's oldest and largest junior ski race, the Cookie Race appeals to young skiers of all abilities and ages. Almost as old as Nakkertok itself, it is steeped in tradition, remembered with affection by past participants and designed for fun. This free technique ski race is named for the prize that every skier receives at the finish line. It's a great place to get a first taste of what cross-country ski racing is all about and to test the developing skills of more experienced racers.

We look forward to welcoming all young skiers, their coaches, and their families.

Ewan Smith

Event Chair

Stephen Fleming

Chief of Competition

GENERAL INFORMATION

DATE & TIME

Saturday, February 22, 2020

Competitive and Special Olympics division racing starts at 10 AM

Recreational division racing starts at 1:15 PM

LOCATION

Nakkertok South Nordic Centre

[900 Gatineau Avenue, Gatineau, Quebec](#)

(if using Google Maps to navigate enter: 575 chemin St-Columban)

SANCTION

The Cookie Race is a National Capital District (NCD) race series event.

Nordiq Canada (formerly CCC) rules will apply.

EVENT ORGANIZING COMMITTEE

POSITION	NAME
Chief of Event	Ewan Smith
Chief of Competition	Stephen Fleming
Chief of Timing and Results	Stephen Daniels
Chief of Course	Stephen Baird
Competition Jury	Chief of Competition, Chief of Course, one Club coach

INFORMATION AND COMMUNICATION

General information on the event: <http://nakkertok.ca/event/cookie-race/>

Email: nakkertok.cookiepace@gmail.com

Registration, confirmation list, start lists and results on Zone4.ca: <https://zone4.ca/register.asp?id=23329>

CONTINGENCY

All information regarding event changes will be posted here: <http://nakkertok.ca/event/cookie-race/>

RACE FORMAT

The Cookie Race is a free technique youth race. Skiers can participate within their comfort zone as the primary aim of the Cookie Race is to include all skiers who wish to race, and to keep the event fair and fun for everybody.

The Cookie Race has separate racing divisions: **Competitive**, **Recreational** and **Special Olympics**. When registering, skiers and parents should consider which would be most suitable.

	Competitive	Recreational	Special Olympics
Overview	Longer distances, more challenging terrain	Shorter distances, fewer hills	Shorter distances, fewer hills
Race Start	10:00 AM	1:15 PM	10:00 AM
Skiers born in 2014-2015 (ages 5* and younger)	-	Recreational Only	-
Skiers born from 2002-2013 (ages 6* and older)	Recommended for skiers who are part of a racing-focused or enhanced program and who enjoy a competitive atmosphere	For novice racers and/or those who are looking for a relaxed approach to competition	For youth and adults with intellectual and/or physical disabilities, looking to participate in a fun and welcoming race event

*age on December 31, 2019

If you have questions regarding division selection, please contact your coach or the Chief of Competition (stephen_fleming@sympatico.ca)

Although the Cookie Race is a free technique event and trail grooming will be primarily aimed at skate technique, tracks will also be set alongside the course for those who wish to use classic technique.

AGE CATEGORIES

Division	Year of Birth	Race distance	Race Format	Timed race with Awards
COMPETITIVE	2013	1.5 km	Wave Start	Yes
	2012	1.5 km	Wave Start	Yes
	2011	1.5 km	Wave Start	Yes
	2010	1.5 km	Wave Start	Yes
	2009	2.5 km	Wave Start	Yes
	2008	2.5 km	Wave Start	Yes
	2007	3.75 km	Wave Start	Yes
	2006	3.75 km	Wave Start	Yes
	2005	7.5 km (2 x 3.75 km)	Mass Start	Yes
	2004	7.5 km (2 x 3.75 km)	Mass Start	Yes
	2003	7.5 km (2 x 3.75 km)	Mass Start	Yes
	2002	7.5 km (2 x 3.75 km)	Mass Start	Yes
Division	Year of Birth	Race distance	Race Format	Timed race with Awards
RECREATIONAL	2015	500 m	Mass Start (with optional buddy skier)	No
	2014	500 m	Mass Start (with optional buddy skier)	No
	2013	1 km	Wave Start	Yes
	2012	1 km	Wave Start	Yes
	2011	1 km	Wave Start	Yes
	2010	1.5 km	Wave Start	Yes
	2009	1.5 km	Wave Start	Yes
	2008	2.5 km	Mass Start	Yes
	2007	2.5 km	Mass Start	Yes
	2006	2.5 km	Mass Start	Yes
	2005	2.5 km	Mass Start	Yes
	2004	2.5 km	Mass Start	Yes
	2003	2.5 km	Mass Start	Yes
2002	2.5 km	Mass Start	Yes	
Division	Year of Birth	Race distance	Race Format	Timed Race with Awards
SPECIAL OLYMPICS	Open	500 m	Mass Start	Yes

As noted in the table above, 2014 and 2015 Rec division skiers have the option of skiing with a buddy. The buddy can be an older sibling or friend (not a parent), or one of the eager Racing Rabbit skiers who will be waiting near the start area to be paired-up.

Depending on the number of skiers registered, starts (for the same race distance) may be consolidated to combine multiple YOBs and genders.

“Racing up” in an older YOB category is allowed at the time of online registration only. The skier who will race up must select the minimum year of birth of the new category when registering online.

NCD SERIES POINTS

Racers in the Competitive division will be eligible for points in the [NCD Race Series](#) based on their finish position. Racers competing out of category will not receive NCD YOB points but can claim points towards a higher age category trophy.

REGISTRATION

Registration and payment of race fees for the Cookie Race is exclusively online via Zone.ca.

Start of registration: February 4, 2020 on Zone4.ca at: <https://zone4.ca/register.asp?id=23329>

The deadline for registration is 11:59 PM on Thursday, February 20, 2020. No entries will be accepted after this date.

FEES

Up until February 18, 2020:

- 500 m race distance: \$10
- 1 km - 1.25 km race distance: \$15
- 1.5 km - 2.5 km race distance: \$20
- 3.75 km - 7.5 km race distance: \$25

Late registration on February 19-20, 2020:

- 500 m race distance: \$15
- 1 km - 1.25 km race distance: \$20
- 1.5 km - 2.5 km race distance: \$25
- 3.75 km - 7.5 km race distance: \$30

Nakkertok Nordic club members receive a 10% discount on registration fees by entering the discount code in Zone4.

In the event of complete cancellation of the Cookie Race for reasons beyond its control, the Organizing Committee will attempt to postpone the event to another date. If a postponement is not possible, the Organizing Committee may consider a partial refund through the clubs based on the costs that have been incurred if the cancellation is made 48 hours before the event is held. If the Organizing Committee has to cancel the event for reasons beyond its control less than 48 hours before it takes place, registration fees will not be refunded.

CONFIRMATION LIST

The confirmation list will be posted on Zone4.ca. It is recommended that parents/skiers review the list to check for any mistakes. In case of a mistake, you must contact the organizers before the registration deadline on February 20, 2020 at: nakkertok.cookiepace@gmail.com

RACE INFORMATION

START LISTS

The start lists will be posted on Zone4.ca on Friday, February 2020 by 4 PM.

TIMING AND RESULTS

Timing will be done with Summit Systems timers and Zone4 race management software.

The 500 m Recreational race (for 2014 and 2015 YOB) is untimed and no race results will be published.

BIB PICK-UP

Bib pick-up on the second floor (the “Blue Room”) of the barn starting at 8:30 AM on race day.

AWARDS

All skiers that cross the finish line will receive the traditional cookie medal.

A limited number of nut and gluten-free cookie medals will be available.

Awards will be presented to the first 3 male and female finishers in each YOB category for all Wave Start races.

For the Mass Start races where multiple YOBs are combined, awards will be presented to the first 3 overall male and female finishers.

The 500 m untimed Recreational races (for 2014 and 2015 YOB skiers) will not have awards presented.

Award ceremonies will be held at the end of the morning Competitive division races, and at the end of the afternoon Recreational division races.

REFRESHMENTS

Beverages will be provided at the finish line for all competitors.

WAXING

The Cookie Race is a low-fluoro event.

Use of non-fluoro (NF) or low fluoro (LF) glide waxes only. High fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks, and liquids are NOT permitted. Cold weather powder additives and hardeners are NOT permitted. The adherence to this guideline is self-governed and is the responsibility of the coaches, parents, athletes and wax technicians.

Limited indoor waxing facilities will be available.

FIRST AID

First aid will be provided on-site by the Canadian Ski Patrol. They will be set up behind the finish line for immediate care, and in a separate room in the Chalet to provide more serious care. If necessary, they will contact the Outaouais paramedics for access to more advanced medical care.

COURSE AND SITE MAPS

Maps of race courses, warm-up loops and the race site are included at the end of this document.

FACILITY INFORMATION

PARKING

The Nakkertok South Nordic Centre has substantial but not infinite parking capacity. Parking will be controlled, and space reserved in the upper lot nearest the stadium for ambulance access. Please be vigilant and respect the signage and the parking volunteers, who will attempt to maximize the use of the available space. Please reverse into parking spots for increased safety when departing.

WEATHER

The weather at Nakkertok South is often different from that in the City of Ottawa. The best source for race site weather is: <https://www.accuweather.com/en/ca/cantley/j8v/weather-forecast/56140>

Please note that competitions can be delayed or cancelled due to temperature or adverse or dangerous weather conditions.

TRAIL CONDITIONS

Trail conditions are published on the [@NakkXC](#) Twitter account.

MARSHALLING

Marshalls are responsible for the safety of skiers, spectators and others on or near the course, and to prevent interference with skiers. Most marshalls will be located in the busiest areas in the stadium. Please follow their instructions.

RACE COURSE, WARM-UP TRAILS AND SITE PLAN



