

Canadian Masters 2024 Host Package



**Host of the Canadian Masters
Cross Country Ski Championship**

March 20th – 23rd, 2024

**Stay for the 49th Great Labrador Loppet held on March 30th, 2024.
Offers 10, 20 and 30 km distance events for classic and skate skiing.**

Welcome

The Menihek Nordic Ski Club (MNSC) is very proud to host the Canadian Masters Cross-Country Ski Championship held from March 20th to 23rd, 2024. Every skier who registers will have a chance to win an Apple watch (valued at \$800).



MNSC is one of Atlantic Canada's finest recreational facilities offering a world class cross-country experience for all levels of skiers. Nestled in the birch and spruce forest of the scenic Wapuskatto Mountains, MNSC is located only 3 km from Labrador City in Newfoundland and Labrador and 27



km away from the Quebec border. Air travel is the quickest way in and out of the area. Provincial Airlines provides flights into The Wabush Airport. **Please be advised that flights and accommodations book up quickly. Book early to guarantee your flight and accommodations.** Car rental agencies are located at The Wabush Airport. The region is also accessible by road from Baie Comeau, Quebec (600 km) located on the north

coast of the St. Lawrence River and from the island portion of the province by Red Bay via Happy Valley-Goose Bay. Adequate snow for skiing in this region is a given with the average snowfall being 366 cm (12 feet). The typical ski season runs from November to the end of April.



Established in 1975, MNSC features 32 km of groomed trails for classic and freestyle with 8 km lit for night skiing and snowshoeing. The club's Koch Trail System was designed by U.S. Olympic medalist Bill Koch. Dartmouth College's, Al Merrill, was the consultant for the FIS World Cup Championships held in 1983 and 1985. Trails are groomed with a modern Pistenbully 100 by Alf Parsons, a well-known World Masters multi-medal winner. The club's amenities include heated waxing facilities, extensive ski/snowshoe equipment rentals, a chalet complete with canteen, BBQ pit, woodstove, a bar, restrooms, and free Wi-Fi along with friendly staff.



MNSC has a rich ski racing history at the local, provincial, national and international levels. It was the National Training Center for Cross-Country Canada from 1984 to 1988. The club has hosted two FIS World Cup Races, the North American Championships, numerous Canada Cups, the 1992 National Championship as well as the 1997 and 2014 Masters National Championships. MNSC is currently designated as a high-level performance training center

for the Newfoundland and Labrador Provincial Cross-Country Ski Team and an official Canadian Ski Marathon Ski Training Trail.

In March 2023, the club hosted its 48th Great Labrador Loppet Event offering distances of 10, 20 and 30 km to classic and skate skiers. Extend your stay with us after the Masters for a chance to experience one of Labrador's most prestigious events – **The 49th Great Labrador Loppet to be held on Saturday, March 30th.**



Join us for a unique skiing experience and enjoy our renown Labradorian hospitality. Come to Labrador, the Big Land, with the beautiful blue skies, pristine wilderness, great trails and visions of Northern Lights.

Gerry Rideout, MNSC President



Event Organizing Committee:

Organizing Committee Honorary Chair: Pierre Harvey

Organizing Committee Chair: Gerry Rideout, MNSC President, & Co-chairs - Lydia Rickards and Donna Mitchell

Chief of Competition: Philip Power

Chief of Course & Grooming: Alf Parsons

Chief of Time Keeping & Results: Doug Yetman

Chief of Stadium: Judy Power

Chief of Safety: Craig Porter

Chief of Communications: Nazaire Simon

Technical Delegate: Mary Waddell

Assistant Technical Delegate: Katja Mathys

Competition Secretary: Rhonda Lawrence

Chief of Volunteers: Marieke van den Berg

Event Publicity & Social Committees:

Event Advertising/Marketing Committee: Gerry Rideout, Lydia Rickards and Donna Mitchell

Event Social Committee: Beatrice Rideout, Deena Thevenet and Shirley Parsons

Race Office Hours (at Menihek Nordic Ski Club unless otherwise stated):

Wednesday March 20th 8:30 am – 5:00 pm

Thursday March 21st 8:30 am – 5:00 pm

Friday March 22nd 8:30 am – 5:00 pm

Saturday March 23rd 8:30 am – 5:00 pm

Eligibility and Licenses:

All competitors must have a valid and active membership with the Canadian Masters Cross Country Ski Association in order to participate in the 2024 Canadian Masters Championships. Memberships can be purchased through your provincial director or online at www.zone4.ca when registering.

Waivers:

All participants will automatically sign a digital waiver when registering online for the event. Participants will not be permitted to race without signing the waiver.

Registration Deadlines:

Early Bird Entry Fees end January 7th, 2024 at 11:59 pm.

Regular Entry Fees end March 10th, 2024 at 11:59 pm.

Late Entry Fees apply after March 10th, 2024 at 11:59 pm.

Race Entry Registration closes on Wednesday, March 20th, 2024 at 11:59 pm. **There will be NO in-person registration.**



Race Entry Fees:

10 km Freestyle or Classic Masters - \$40 (Early), \$50 (Regular) & \$60 (Late).

20 km Freestyle or Classic Masters - \$40 (Early), \$50 (Regular) & \$60 (Late).

All entry fees include:

- "Meet & Greet" Social Event on Wednesday Night, March 20th. Wine and cheese with entertainment.
- Lunch on the race days.
- All medal presentations on race days after lunch, except Saturday when medals will be presented at the banquet.

How to Enter:

Registration will open online through zone4.ca. The zone4.ca system provides the opportunity for participants to confirm that their entry has been received. Please note that www.zone4.ca only supports VISA and Mastercard. Payment must be made at the time of registration. Tickets can also be purchased online for the 50/50 Draw (\$ 5 per ticket) and the Banquet & Dance (\$50 per person) held on Saturday, March 23rd. Tickets can be purchased also at Menihek Nordic Ski club's chalet office depending on availability.

Age Categories for Racers (Male & Female) As of December 31 st , 2023	
Category	Age
Masters 1	30-34
Masters 2	35-39
Masters 3	40-44
Masters 4	45-49
Masters 5	50-54
Masters 6	55-59
Masters 7	60-64
Masters 8	65-69
Masters 9	70-74
Masters 10	75-79
Masters 11	80-84
Masters 12	85+

Race Schedule (All races to be a wave start by age category):

Thursday, March 21st - 10 km Skate (11AM)

Category	Distance
Masters 1-8	10 km
Masters 9 (M)	10 km
Masters 9 (F)	10 km
Masters 10-12	10 km

Friday, March 22nd - 10 km Classic (2PM)

Category	Distance
Masters 1-8	10 km
Masters 9 (M)	10 km
Masters (F)	10 km
Masters 10-12	10 km

Saturday, March 23rd - 10/20 km Classic (10AM)

Category	Distance
Masters 1-8	20 km
Masters 9 (M)	20 km
Masters 9 (F)	10 km
Masters 10-12	10 km

Saturday, March 23rd - 10 & 20 km Skate (2PM)

Category	Distance
Masters 1-8	20 km
Masters 9 (M)	20 km
Masters 9 (F)	10 km
Masters 10-12	10 km

Parking:

Parking for the event is available directly outside the chalet, outside the entrance to the chalet along Smokey Mountain Road and excess parking across the road (see venue map at <https://sites.google.com/view/menihek-nordic-ski-club/home>). As space can be limited, especially on weekends, we encourage carpooling where possible.

Waxing Facilities:

Three inside, heated, waxing areas with electrical outlets are available at Menihek Nordic Ski Club.

Accommodations:

Labrador City and Wabush have a variety of accommodations available. Our official Canadian Masters Hotel is The Two Seasons Inn, located in Labrador City. **Please be advised that accommodations will book up quickly. Book early to guarantee your accommodations.** For any booking concerns, please contact Lydia Rickards at info@gatewaylabrador.ca.



96 Avalon Drive, Labrador City
(709) 944-2661



The Collegiate Suites
200 Campbell Ave, Labrador City
(709) 944-5500



700 Trans-Labrador Hwy
Labrador City
(709) 944-2406



BIRD Hotel
\$135 per night includes 3 meals per day and box lunch
2 Neil Street, Labrador City
Contact – Rick Keats, Manager
(709) 282-4241
rick.keats@bird.ca



766 Stirling Cres., Labrador City
(709) 944-1567
(844) 264-3992



Wabush Hotel
9 Grenfell Drive, Wabush
Contact – Rod Kendall, Manager
(709) 280-0264

Car Rentals:



Contact – Jacqueline Carre
(709) 280-6789 or (709) 282-1234



Contact – Megan McLellan
(709) 282-6805

Additional Information:

Race maps, detailed schedules, athlete meetings, weather updates and additional event information will be available at <https://sites.google.com/view/menihek-nordic-ski-club/home> and on the Menihek Nordic Ski Club Facebook Page.

Event Schedule:

Wednesday, March 20th at 5:00 pm

Registration and "Meet & Greet" Social Event with entertainment

Menihek Nordic Ski Club

Smokey Mountain Road

Labrador City, NL

Chalet - (709) 944-5842

Thursday, March 21st

10 km Skate (Wave Start) at 11:00 am – Medal Presentation after race

Free Pasta Dinner at Menihek Nordic Ski Club at 5:30 pm

Friday, March 22nd

10 km Classic (Wave Start) at 2:00 pm – Medal Presentation after race

Newfie Night - time and location to be announced at a later date

Saturday, March 23rd

10 & 20 km Classic (Wave Start) at 10:00 am

10 & 20 km Skate (Wave Start) at 2:00 pm

All Medal Presentations at Banquet

Banquet & Dance (**tickets required**) – time & location to be announced at a later date



For More Information:

Menihek Nordic Ski Club

Gerry Rideout, President

(709) 944-1802

gerryrideout@crrstv.net



Map of Menihek Nordic Ski Club Trails:



The 49th Great Labrador Loppet:

The Menihek Nordic Ski Club's Great Labrador Loppet will take place on Saturday, March 30th, 2024. Registration will be open on zone4. The deadline to register on zone4.ca is before 2 pm on March 29th, 2023. Loppet distances are 10, 20 and 30 km. It is an opportunity to ski/snowshoe in an area usually accessible only to snowmobilers. You can aim for a personal best or simply complete the distance at your own leisure. A refreshment pit-stop at Follet's Hollow encourages skiers and snowshoers to take a well-deserved break. Replenish yourself with hot drinks, fruit and snacks before heading to finish line. Check the MNSC Facebook Page for updates.

