



Sounder Ski Tour 2017

Sunday January 29th, 2017

Hosted by:

Georgian Nordic Ski and Canoe Club

Parry Sound, Ontario

Georgian Nordic Ski and Canoe Club invites everyone to participate in the 2017 Sounder Ski Tour. Whether you are a recreational skier, a fitness enthusiast, or a person who likes to ski fast, there is a place for you on the start line.

CONTACTS

Chief of Competition: Darrin O'Brien / Ghislain Henry

Chief of Course: Don Brisbane

Competition Secretary: Ghislain Henry

LOCATION

Georgian Nordic Ski and Canoe Club is located on Highway 124 east of Parry Sound.

SCHEDULE OF EVENTS:

Sunday January 22 nd , 2017	11:59 PM	Early Bird Registration Deadline
Saturday January 28 th , 2017	noon	Registration Deadline
Sunday January 29 th , 2017	11:00 AM	Classic events start at 11:00 am with different distance categories going every 10 minutes.
		Free technique events start at noon with different distance categories going every 10 minutes.
		Fun relays for kids 12:45 pm to 1:30 pm

ENTRY DEADLINE:

All entries must be received by noon, Saturday January 28th, 2017, with payment.

Register online at zone4.ca.

SOUNDER SKI TOUR EVENTS

22 km Classic, 11 km Classic, 5 km Classic, 3 km Classic and 2 km classic in wave starts 10 minutes apart starting at 11 am.

22 km Skate, 11 km Skate, 5 km Skate, and 3 km Skate in wave starts 10 minutes apart starting at noon.

SOD RACE SERIES PARTICIPATION:

The Sounder Ski Tour 2017 is part of the SOD Race Series 2017. The following events are included SOD Race Series:

Event 1:

Pee Wee boys (YOB 2004 to 2007) and girls (YOB 2005 to 2007) 3 km Classic technique

Event 2:

Midget boys (YOB 2002-2003) and girls (YOB 2003-2004),

Juveniles boys (YOB 2001) and girls (YOB 2001-2002)

Junior boys and girls (YOB 1999-2000) 5 km Classic technique

Event 3:

Open (1987 – 1998) & Masters 11 km Classic technique

Ski Waxing Protocol:

This race is a part of the SOD Paraffin Race Series. In order to increase accessibility of the sport, focus on athlete development, and reduce costs, no glide waxes with fluorocarbons are permitted. No Low Fluoro wax, High Fluoro wax, powders, hardeners, or gels are permitted. This restriction applies to all categories, including Open and Masters. This restriction does not apply to grip waxes.

ENTRY FEES:

	Before Jan.23th	After Jan.22nd
3km events	\$10.00	\$10.00
5km event	\$15.00 (GNSSC members \$10.00)	\$20.00 (GNSSC members \$15.00)
11km and 22km	\$25.00 (GNSSC members \$20.00)	\$30.00 (GNSSC members \$25.00)

AWARDS:

Awards will be for first, second, and third place finish for each year of birth, in each event for the Pee Wee, Midget, Juvenile, and Junior categories. There will not be awards for Open and Master participants.

There is a prize table for kids and a prize table for adults!

FACILITIES:

With more than 30 km of trails winding through lush forest, Georgian Nordic Ski & Canoe Club offers great cross country skiing for the novice through to the expert.

There is a chalet (a.k.a. "The Burrow") with a kitchen and two washrooms / change room. There is also a wax room with two benches and two complimentary Toko waxing irons.

FOOD:

There is soup, bagels, and hot chocolate for all participants.

ACCOMMODATIONS:

Visit <http://parrysoundtourism.com/> for details

We are looking forward to a great day of skiing and friendly competition on the Georgian Nordic Trail.