

## **Lake Louise Loppet Volunteers' FAQ**

### **When is the Lake Louise Loppet?**

It's always the first Sunday in March. So it's the 3rd in 2019.

The 20 km adults' race starts at 11 am on the lake and ends at about 2 pm.

The 10 km race for adults and teens starts at 11:05 am.

The jackrabbits start at 11.10 am and finish before the adults start finishing.

It is a fun, family-oriented race.

### **Where is the race course?**

All racers do a 2-km loop on the lake.

The 20-km races do the Telemark loop, come back across the lake and do the Fairview loop.

The 10-km racers do the Fairview loop.

Jackrabbits do a 1 km or 2 km loop on the lake.

### **What do volunteers do?**

Two or three weeks before the race we put out stakes on the lake to mark the start and finish areas and the 1 km and 2 km loops on the lake, then a week or two later we "bootpack" these areas on snowshoes or skis before the snowmobiles go on the lake. We will also straighten the trail down onto the lake by the boathouse and prepare the outbound 10 km ramp up from the lake.

On the day before the race we empty supplies from the ski club trailer and take them by sled to the Nordic stop by the lake.

Then we shovel snow to build ramps off the lake, to bank some corners and widen trails, if needed.

We put out plywood from the Chateau grounds to be used for "flooring".

We take the tables and chairs delivered by the Chateau staff to the parking lot for registration and onto the lake for the refreshments and finish crews.

On Sunday there are all sorts of jobs: registration, timing, course control, refreshments.

After the race we pack up everything and load the trailers to be returned to Calgary.

Here is the rough timetable for Sunday jobs:

Registration 8:15-10:30

Course control 9:30-2:00

Feeding stations 9:00-2:30

Timing 10:45-1:30

There are other jobs such as shoveling snow across the access road at 10:30, and hosting the awards ceremonies and 12:30 and 2:00, that take up less time.

### **Where do I go when I arrive?**

Volunteers have permission to park at Deer Lodge. Walk across the road to the public parking, go to the end and find the path towards the lake.

On Saturday go to the lakeshore and look for people shovelling snow or carting supplies on sleds.

On Sunday, if you are on registration, meet at the tables in the UPPER public parking lot.

If you are doing another job, meet outside the Nordic stop, which is our race headquarters. The refreshments supplies will be there. Course controllers meet outside the Nordic Stop at 9.30.

Course controllers can help with other jobs before 9:30.

### **What would I do at registration?**

Arrive at the registration tables in the UPPER public parking lot at 8.15 am for set-up and training. Registration is open from 9:00 -10:15 so you will finish around 10.30.

For race-day registrations, the bibs are sorted numerically and are in blue Rubbermaid containers.

Volunteers take filled registration forms from racers, take payment and assign sequential bib numbers according to the distance to be skied. They record the payment and bib number on the registration form. They hand out the bibs and ankle bracelets.

Another group of volunteers gives out bibs to the pre-registered racers. Their bibs are pre-sorted alphabetically in green Rubbermaid containers and each one has a little sticker on with the racer's name. They also give out the ankle bracelets from the racks.

One volunteer will take snow and air temperature measurements every quarter hour and write them on a board.

Runners take the pink registration forms to the Nordic stop for entry into the computer.

Parking marshals direct traffic to park closely together.

### **What happens at the finish line?**

The Order of Finish referee writes down the official order of the racers as they cross the finish line. An assistant calls out the bib numbers. We have a pair of volunteers manually writing down times as a back-up to the electronic timing.

Racers' times are recorded on their GoChips ankle bracelets as they cross the finish line.

Times are uploaded automatically to [zone4.ca](http://zone4.ca)

The bib collectors take bibs from racers who have finished the race and put them in Rubbermaid containers. They collect the ankle bracelets.

They also hand out racer participation ribbons.

### **What do course controllers do?**

Course controllers and marshals meet at 9.30 outside the boathouse for instructions, clipboards and radios. Before 9:30 please come and help with course or feeding station preparation.

Controllers ski out to designated positions on the course and work in pairs. Their job is to record the bib numbers sequentially as the racers pass their position. One volunteer calls out the bib number and the other writes it down, legibly.

They sometimes put out flagging to show the course or change it when the racers have passed and the course changes.

Skating controllers ski out to strategic positions to watch for skating infractions and as a deterrent. They may also act as radio links for course controllers.

The Course Sweeps follow the last skier around the 20-km course and tell the controllers that they can return to the boathouse. One sweep skis the Telemark loop then another takes over and skis the Fairview loop.

Marshals are at locations where there is pedestrian or recreational skier traffic and act to warn the public of coming racers. Most of these are by or on the lake.

### **Where is this boathouse?**

It's the small building on the left shore of the lake. It's called the Nordic stop in winter. It's our centre of operations, where the computer and printer are set up and the radios re-charged. It's very small and cramped

**What do the feeding station people do?**

They start getting set up at about 8.30 am.

We have two feeding stations on or near the hockey rink on the lake. One station is for the 20-km racers at the mid-point of their race and the other station is for those who have finished the race. Feeding station volunteers set up the tables on plywood flooring and cart supplies from the boathouse on sleds.

They fetch the hot water and luke-warm water that is waiting for them at the Chateau through the brown doors at the end of the building under the Walliser Stube. They make hot chocolate and Gatorade. They cut up oranges and put out the cookies donated by Laggans, making sure that the little kids don't take them all or that the birds don't swoop down and steal them.

They keep some food and drinks back for the late finishers.

Mid-point feeding station closes down at 12.30. The finish feeding station closes at about 1.45, after the last racers and course volunteers have had refreshments.

Compostable cups, recyclable cardboard and garbage are collected separately in different coloured bags for disposal by the Chateau people.

**Where are the unofficial results boards?**

On the lake near the finish line refreshments. Unofficial results will be printed off in the boathouse for the 1 km, 2km, 10 km and 20 km races. Results are also posted live at [zone4.ca](http://zone4.ca).

**What's this shovelling snow all about?**

On Saturday we shovel snow to lessen the gradient on the ramps that take the racers off the lake and up to the Telemark loop, off the lake near the skating rink and up to the Fairview loop and then back onto the lake near the boathouse.

We also shovel some corners to bank them and make them safer. It's fun really and you learn about snow physics and how to create a durable ski trail able to withstand the pounding of 300 pairs of ski poles.

**What's boot-packing the lake?**

Otherwise known as Helen's thigh-thinning exercise. Two or three weeks before the race we mark out the start, finish and refreshments areas and the 1 km and 2 km trails on the lake with stakes then a week or two later we pack down the snow on the lake using snowshoes or skis (snowshoes are best). This helps to destroy the insulating layer of snow that often overlies slush and assists freeze-up so the snowmobiles can go on the lake with greater safety.

**Is there a training night?**

Yes, in February sometime. We give an overview of the race and logistics and you have an opportunity to ask questions and meet other volunteers.

**Do we car pool?**

People staying over Saturday night or coming up Sunday morning often make car-pooling arrangements in advance and we have a sign-up at the training night.

Every vehicle at Lake Louise must have a National Park Pass.

**What should I wear/bring?**

Warm, wind-proof clothes and water bottles are essential.

Bring lunch and more water. You won't have time for lunch on Sunday until after 2 pm.

Useful things to bring: skis, snowshoes, backpack, warm waterproof boots (Sorels are best),

gloves, mitts, toque, Swiss army knife, pencil, shovel, toe and hand warmers, first aid kit, space blanket, foam pads to stand on. More water.

### **What if I don't XC ski?**

You won't need to ski if you help on registration, the finish line or refreshments. You will need warm boots (Sorels) and warm, windproof clothes.

### **Where do we stay Saturday night?**

The Ski Club has made a group booking at Deer Lodge in Lake Louise and all requests for this accommodation must be done through the club before mid-January. Volunteers reimburse the ski club, who pays for the accommodation.

Special rates are available from Deer Lodge for people making their own reservations – quote “Loppet Ski Racers”.

### **Isn't this a lot of work for only one day?**

Yes, you are right, it is a lot of work but is also a lot of fun. We do it because it has allowed us to upgrade the trails for the benefit of all skiers. At the same time, we get exercise in the fresh air and beautiful surroundings of Lake Louise, we meet people and share the experience with old and new friends.

### **How do you upgrade the trails?**

In the winter, we remove low overhanging branches to reduce tree wells, we cut back the willows growing in and beside the trails and we cut down little Christmas trees along the trails. In our autumn trail work we have moved logs to the sides of the trails and removed boulders to make the trails flatter and we cut down little trees and willows. We have a chainsaw permit for this work.

This work has made an enormous improvement to the trails in winter.

### **I heard that you hold a volunteers' barbecue and give prizes?**

Yes, we host a steak barbecue in May and hold the volunteers' prize draw. Prizes might include a night at a hotel, ski bags, waxes, books, T-shirts, ball caps and whatever else we can scrounge from sponsors.

### **Do I have to pay my own way?**

Yes. We are not allowed to use casino money to reimburse volunteers but you may use CSC points for accommodation if and only if the CSC pays for the rooms. We appreciate that our volunteers have to pay for accommodation, food and travel. If your budget is restricted, come up for the day on Sunday.

### **Who can I talk to?**

Email Helen at [jhelenisaac@gmail.com](mailto:jhelenisaac@gmail.com)

Alasdair Fergusson is the Chief of Competition. Big cheese and chief organizer.

Helen Isaac organizes the volunteers, accommodation and sponsorship. On race day she enters the race-day registrations and monitors the results from the ankle chips. Likes to boot-pack the lake and shovel snow. Anyone is welcome to take over some of these jobs.