

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

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

It's always the first Sunday in March. So it's the 5th in 2017.  
The adults' race starts at 11 am on the lake and ends at about 2 pm.  
The jackrabbits start at 11.05 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?**

One and/or two weeks before the race we "bootpack" the start and finish areas and the 1 km and 2 km loops on the lake 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 new trail from the lake to the middle parking lot, which is now moved away from the wide public path.  
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 separate the pre-registered racers bibs.  
We take the tables and chairs delivered by the Chateau staff to the parking lot for registration and onto the lake for the feeding stations and timing.  
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.

### **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. Finish around 10.30.  
The racers' 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.

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.

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. This impresses the Banff Park wardens.

### **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 may also use volunteers to manually write 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

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 Sweep follows the last skier around the 20-km course and tells the controllers that they can return to the boathouse.

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

### **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

### **Can I eat my lunch in the boathouse?**

The boathouse is our Race Office and it is very small and cramped so we ask that you don't go inside unless you have to.

### **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 are collected separately for disposal at the Chateau. Recyclable cardboard is collected for disposal in the Calgary blue bins. Bottles and juice boxes are collected for refund.

### **Where are the unofficial results boards?**

On the lake near the finish line refreshments. Unofficial results will be printed off in the boathouse as the racers cross the finish line and will be sent to the results boards.

### **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.

Near Prince Philip's rock we have to build a short trail across the public footpath from the lake to the trail that goes up to the middle parking lot. We shovel it and pack it down using snowshoes.

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. A week or two before the race we pack down the snow on the lake using snowshoes or skis (snowshoes are best) over the areas to be used for the start, finish and the 1 km and 2 km loops. 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 sign up for car-pools.

**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. Even though entry is free in 2017, you still need a 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, timing or refreshments. You will need warm boots (Sorels) and warm, windproof clothes.

**Where do we stay Saturday night?**

The Ski Club makes reservations at Deer Lodge in Lake Louise and volunteers reimburse the ski club, who pays for the accommodation. Deer Lodge requires a rooming list by mid-January.

**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 allows us to upgrade the trails for the benefit of all skiers, now and in the future. 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.

**Is it true that there is a volunteers' barbecue and 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 [helen.isaac@ucalgary.ca](mailto:helen.isaac@ucalgary.ca).

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

Helen Isaac organizes the volunteers and accommodation. On race day she enters the race-day registration and monitors the results from the ankle chips.

Likes to boot-pack the lake and shovel snow.

### How about a map?

